

ATHLETIC

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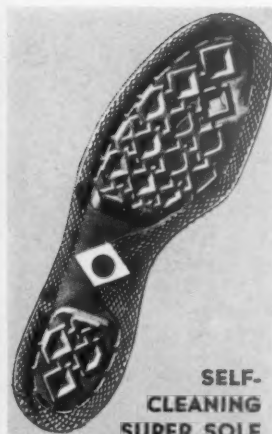
College and High School
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Development of the Lateral
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Standardized Nomenclature
in Basketball
Dr. Forrest C. Allen

JOURNAL

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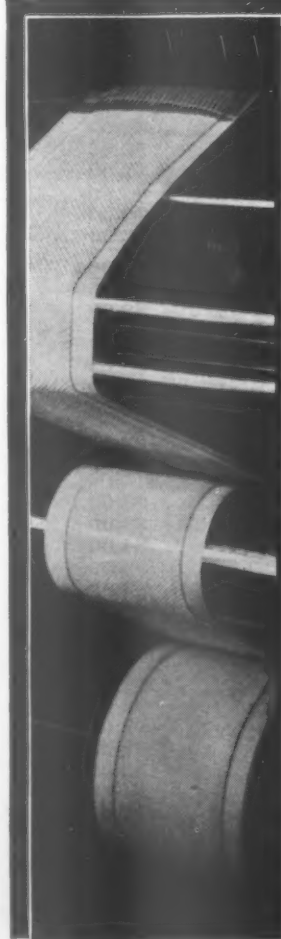
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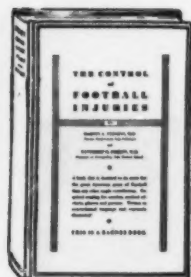
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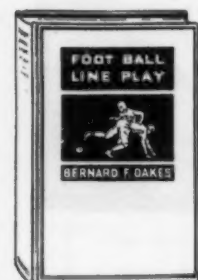


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The ATHLETIC JOURNAL

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Development of the Lateral Pass and Its Variations

BACK in 1927, Coach Joe Pipal of Occidental College, writing in *THE ATHLETIC JOURNAL*, predicted a rather startling future for the lateral pass. Because his words are of significance in the light of events of the past six years, some of his statements are quoted here.

"Right here I will venture a prophecy," wrote Coach Pipal, "that those coaches who neglect to take advantage of the new lateral pass rule will find themselves outstripped to such an extent by the more venturesome mentors that they will not even be able to hear the band play in this more progressive procession.

"And while I am in the prognosticating mood, I will further prophesy that the lateral pass will develop so rapidly under the present rule that within two seasons the rules committee will be forced to remove that part of the rule which now makes the pass a dead ball when not completed. By this I mean to stress that not only will the new rule make the play possible for technical reasons, but the psychology of the thing will cause the pass to develop rapidly.

"This play," concluded Coach Pipal, "when properly conceived and built on sufficient amount of fundamental preparation or practice, has tremendous possibilities. It had great possibilities before, but now its development is assured, especially if proper foundation is laid for the pass with the freshmen squads."

Perhaps Coach Pipal was a little over-enthusiastic in making his prognostica-

tions. The lateral pass has not developed so rapidly as he predicted. Neither has a change in the rules been threatened because of it. Coach Pipal's enthusiasm may be forgiven, however, when it is remembered that he was an old Rugby coach; that in 1913-16 he saw his own small squad, using the lateral, defeat some of the strongest teams on the Pacific Coast; that he witnessed the unusual success of Stanford, a pioneer in the use of the lateral; and that he was aware of the victories of the Oregon Agricultural College, also using the lateral, over the best teams of its section.

On one of the Pacific Coast teams against which the lateral pass was used with telling effect was a young quarterback named Dick Hanley. This quarterback was impressed by the lateral pass as it was used against his team. His imagination, however, carried beyond what he actually saw and, a few years later when he had become a coach, he put into use the pass whose rich possibilities he had seen as a player.

As head coach at Haskell Institute, Hanley was fortunate in having a number of Indians who were exceptional passers and runners. Here, when he found two outstanding Indians of approximately equal ability, he used the lateral pass in running back punts. Making good use of the great Indian player, John Levi, Hanley developed a play in which a forward pass was followed by a lateral pass. This was employed especially against teams playing

a zone defense. Two Indians were sent into a zone, the forward pass going to the short man in the zone, who passed laterally to another player.

When Hanley went to Northwestern University as head coach in 1927, the nearest approach to the lateral and the forward lateral used as a definite tactical weapon in the Intercollegiate or Western Conference was the so-called flee-flicker play developed by Coach Robert Zuppke of the University of Illinois. This play started from a fake place-kick and was usually incidental, rather than a definite part of the attack.

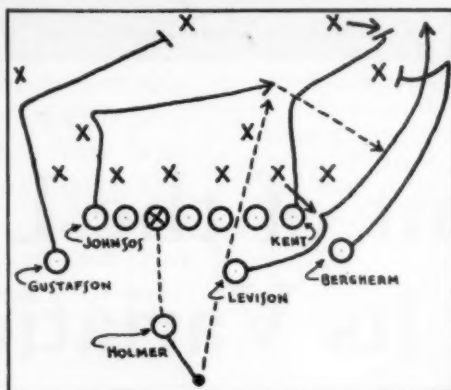
Probably the first time the forward lateral was used as a definite tactical measure by a Western Conference team in a major contest was in the 1927 game between Northwestern University and the University of Missouri. The play is shown in the diagram. Levison faked at the defensive left tackle and went out wide. Holmer faked back and shot a short forward pass over the line to Luke Johnsos, the left end, who had faked at a defensive man and cut to his right behind the line of scrimmage. Johnsos passed laterally to Levison who, with Gustafson, the left wing-back, Kent, the right end, and Bergherm, the right wing-back, blocking for him, ran for a touchdown. This score would have given a two touchdown lead, as the score at that time was 19 to 14, favoring Northwestern. One of the officials, however, who had never before seen or heard of the play, ruled it as two for-



A NORTHWESTERN University forward lateral pass in the Northwestern-Stanford game at Soldier's Field, Chicago, 1933. Duvall is about to receive the lateral pass from Leeper, who caught a short forward pass from Olson. All three men are backs. Leeper is not shown in the illustration. Northwestern gained 14 yards on this play.

ward passes, declared it illegal and refused to allow the touchdown. See the diagram on this page.

Since that historic forward lateral in the Missouri game of 1927, Northwestern has many times effectively used a similar type of play. Northwestern's forward lateral has scored two touchdowns against Illinois and three against Minnesota. It has put the Northwestern team in scoring position twice against Ohio State. It once put the team on Michigan's 4-yard line. It has been used successfully against Notre Dame and Stanford.



Game Preparation of a Football Squad

By Charles E. Dorais
Football Coach, University of Detroit

WHEN two evenly matched teams meet, the difference may be determined by what has taken place behind the scenes during the preceding week.

In preparing a team for a contest, great care must be taken not to leave the game on the practice field. Team energy must be conserved; strenuous scrimmage must not be indulged in after Wednesday.

Friday should be devoted to a rehearsal of plans and specialty work, like kicking and passing. The plans depend on the coach's judgment as to the opponent's type of defense and offense, and on what he judges the opposing team will stress in this particular game. The plan should also take note of the strong and weak men in the opposing line-up. The least possible expenditure of physical energy should be made on Friday, as it is the important day of the week to get the team ready mentally.

The coach should hold a quarterback meeting on the morning of the game, go-

ing over again with the leaders the plans for the afternoon contest. Morale, or condition, plus confidence is the most important consideration of any coach and should be worked on daily. The mental condition of the players is all-important. Saturday is too late to build it. Football players will tire. Between two evenly matched, tiring opposing players, morale decides the supremacy.

On the game day, the men should be isolated as much as possible. It is well to get them to the dressing room early before the game to allow for leisurely dressing. The players' nerves are usually on edge; they are irritable, and it is fatal to the general mental condition to have to hurry with the taping, bandaging and dressing. The players should take the field at least thirty minutes before game time, keep moving to "shake the nerves" and come back to the dressing quarters ten minutes before the game time.

The use of these ten minutes, or the final talk, is undoubtedly one of the

The history of the development of the forward lateral, at least in the Middle West, is related very closely to Dick Hanley. One of the ironic incidents connected with this play is that it has sometimes been used very effectively against Hanley's teams. Ohio State University scored a touchdown on a forward lateral against Northwestern in 1932, using Northwestern's own play.

According to Hanley, the forward lateral can be run most successfully from the double wing-back or the short punt formations. However, he points to the success of H. O. Crisler at the University of Minnesota in 1930-31, using the forward lateral from the single wing-back.

In the execution of the forward lateral, Hanley uses either an end or a wing-back for receiving the forward pass. He usually prefers an end, because of the greater height of the men who normally play this position. The lateral pass may go to a back or to one of the linemen, a guard or a tackle, who would be ineligible to receive the first pass.

The forward pass is made like any other forward pass, with one hand. The lateral, however, should be a two-handed pass, like the two-hands-over-the-shoulder pass in basketball. This method of throwing is the one adopted by Rugby players and is, Hanley declares, the only Rugby idea

(Continued on page 46)

coach's most important duties. In the final talk, the coach makes no attempt to teach anything new.

The general plan should again be rehearsed. The keynote is to increase determination. No distraction, such as taping or receiving messages or visitors, should be permitted. The coach must be cool and sincere. A show of nerves is fatal now. The day of the "fire and brimstone" coach is practically over. The coach has to get the "feel" of his players. If they are overconfident or lacking in confidence, the antidote must be administered. The last talk must be carefully planned to build up the right mental attitude.

The general plan of substituting must be ready when the coach takes the field with his team. On the bench, he sits with his quarterbacks and comments aloud on the tactics of both teams.

In spite of all the forethought and planning, certain things bob up. Matters that come to light after the game starts will have to be dealt with between halves.



Ted Payseur

Helpful Hints on How to Improve Your Golf Game

Movements of the Body in Relation to Golf Swing

By Ted Payseur
Golf Coach, Northwestern University

THE writer of this series of articles has been an ardent follower of golf for over twenty years. In 1913 and 1914, he learned the game while caddying at Waveland Park in Des Moines. He won the first tournament in which he played, the Des Moines Junior Tournament of 1916. During the years 1918-22, he competed on the golf team at Drake University. Mr. Payseur has won success as a coach, also. His golf team has won the Western Conference title twice and placed second once in the National Inter-collegiates.

Payseur was the Missouri Valley champion while in college. In 1926, he turned professional and took over his duties at the Dubuque Country Club along with his work at Northwestern University. Payseur was an All-Missouri Valley basketball forward while at Drake. Besides coaching golf at Northwestern University, he is assistant basketball coach.

IN my last article I tried to create a mental picture for you of what your golf swing should look like. Now, in order to create that smooth arc swing, we must study the functions of the body movements in relation to the swing.

Granted that you have assumed your position, with the ball in correct relation to the proper stance, that you are the proper distance away from the ball, and that your weight is distributed on both feet, as discussed in my earlier articles, the first and most important thing to do is to keep your eyes on the ball throughout your address and swing. Personally, in making shots with the wooden clubs, I prefer to look at the back of the ball rather than at the top. The reason I prefer to look at the back of the ball is that with the wooden clubs we approach the ball with our swing a little more flat at the bottom of our arc than we do with the irons. We try to shoot through the ball with our wooden clubs, whereas with our iron clubs we have a tendency to hit the ball a little more on our downward swing and thereby hit it first and the turf a trifle afterwards. Also, with our iron shots, we stand more over the ball, and our swing or arc is just a trifle more upright than with our wooden shots.

The Up-Swing and the Pivot

IN Illustration 1, we have the correct position of the club at the top of the swing. Please notice that in this illustration the player has executed a perfect pivot; that is, his right leg has acted as the pivot leg and his weight has been transferred to this leg by the body-turn at the hips. As the club-head starts up in its arc, the left knee begins to bend inward, which will have a tendency to pull the left heel off the ground. The weight is not entirely on the right leg as there is still some weight on the left toes or foot. On the up-swing, the left hip begins to turn towards the ball, and the right hip swings out away from the ball, or "around the corner."

In making the pivot, or transferring the weight of the body, do not rock or sway the body. In order to make the pivot, let the right hip "go around the corner." Your right leg should be braced and practically straight. In the up-swing it is very important to take the club back slowly in its arc. Many players lose the timing of their swing by a fast, jerky back-swing. (See Illustration 1.)

At the Top of the Swing

YOUR left arm or "spoke" should be practically straight when the club gets to its horizontal or top position, above the right shoulder. (See Illustration 1.) At the top of the swing your wrists should be cocked and below the shaft. You should be looking at the ball over the peak of your left shoulder when the club is at the top position. Before starting the down-swing, relax the fingers momentarily but keep the club under control. (To better understand the use of the word "spoke" and other terms, refer to the article in the October issue of THE ATHLETIC JOURNAL.)

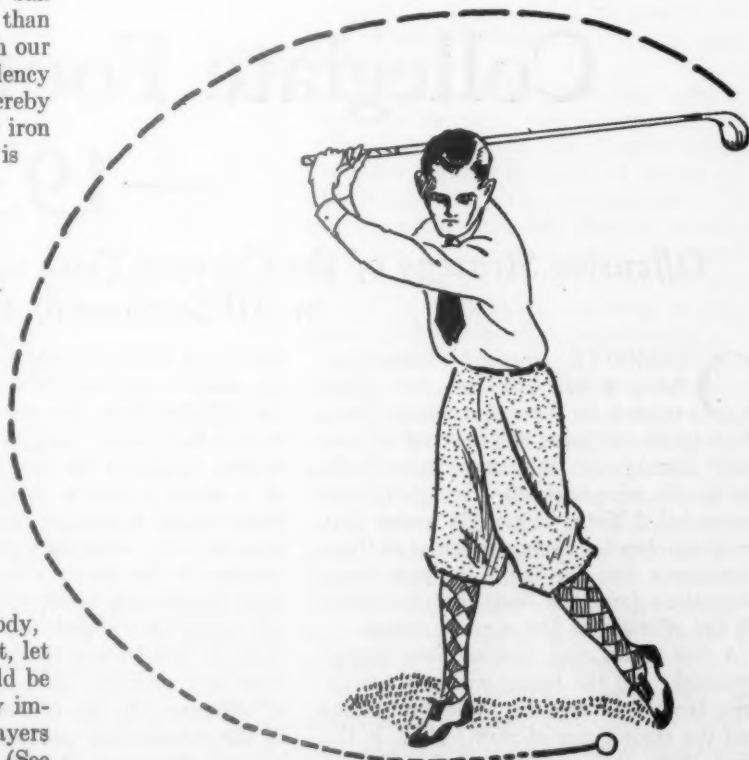


Illustration 1



Illustration 2
Johnny Fischer of Michigan

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Collegiate Football Attack —1933

Offensive Strategy of the Current Year as Used by Leading College Teams in All Sections of the Country

OFFENSIVE football formations have within the last few years tended to become standardized. Most teams are using one or more of four basic formations: the single wing-back, the double wing-back, the short punt and the so-called Notre Dame. It is true that many coaches are using variations of these formations, but for the most part these formations form the basis for practically all the offenses of the current season.

A few years ago, football was largely sectional. All the teams within a certain area tended to use the same formations and the same types of play. Now, in the year 1933, this sectionalism has largely disappeared. Football has become nation-

alized. It cannot be said that teams using the single wing-back dominate as a class the Middle West any more than it can be said that teams using the Notre Dame system dominate the South. There may be a slight tendency in certain areas to favor one of these four basic types of offenses, but, even when this is true, the success of the teams using that specific type may be the result of superior material rather than superiority of tactics. The three or four leading teams in a given section may each be using a different type of offensive. At the present writing, four of the outstanding teams of the Intercollegiate (Western) Conference are exponents of the four different types of offen-

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The lateral pass, which has for several years been struggling for recognition, has at last been adopted whole-heartedly by teams in all sections of the country as a definite offensive weapon. Games have been won through the ability of the victorious team to utilize the lateral and its variations. Sometimes the lateral is used behind the line of scrimmage. Sometimes it is used following a sweep toward the end. At other times it is used in conjunction with a forward pass; it may either follow or precede the forward pass. The lateral pass, it may be said, is the outstanding tactical development of the year in collegiate football.

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The standardization and nationalization of football may be the result partly of the large number of intersectional games which have been played within the last five years. Summer coaching schools have also contributed to this tendency. A third cause is the professional literature such as journals and books, in which the more successful coaches have passed on their ideas and methods.

It might be expected that by standardization the game would be robbed of some of its color. The large number of so-called upsets that have already occurred this year seem to indicate that quite the reverse is true. This same standardization seems to have raised the strategic level of the game and to have made football more intelligible for the average spectator.

Pacific Coast Region

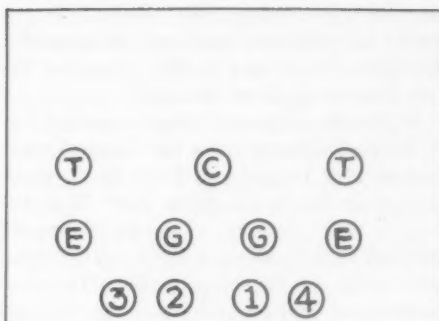
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From the huddle, some of the teams go directly to an unbalanced line, right or left formation, with various formations in the backfield. Others go from the huddle to a set position, but move into a second position before the ball is snapped.

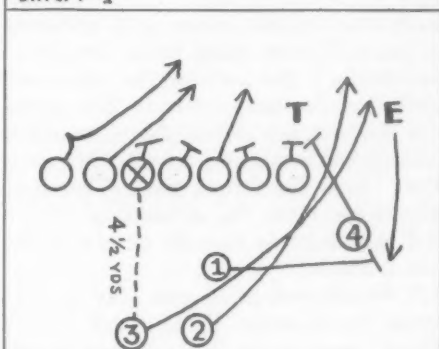
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On defense, some teams are using a seven-man line with a floating center. The tendency on the Pacific Coast, however, seems to be toward a 6-2-2-1 defense. The quick-kick from a running formation has proved such an effective weapon that the safety man usually plays back to handle the kick. Because of the wide use of the quick-kick, the 6-3-2 defense is disappearing, and the seven-man line with a box formation in the backfield is used not so much as formerly.

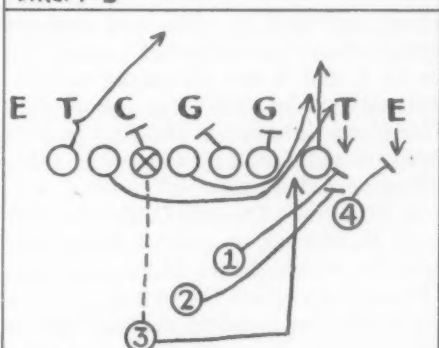
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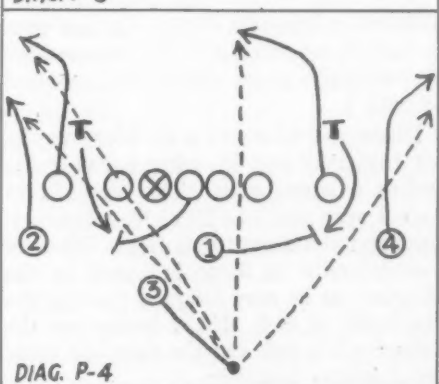
DIAG. P-1



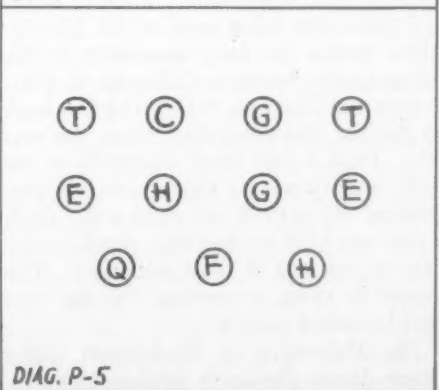
DIAG. P-2



DIAG. P-3



DIAG. P-4



DIAG. P-5

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Diagram P-4 shows a U. C. L. A. pass play in which four eligible men are free to receive the ball. No. 3 runs back and slightly to his right with the ball. The left guard and No. 1 give him protection. Backs 2 and 4 and the two ends go down the field as indicated in the diagram. All are possible receivers.

The University of Southern California, coached by the veteran Howard Jones, usually comes out of its huddle and takes a preliminary formation as shown in Diagram P-5. From this it may shift into one of several formations: double wing-back, box, punt or Z.

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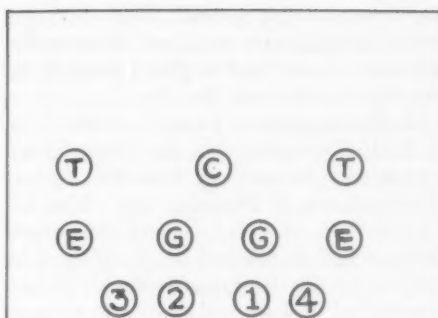
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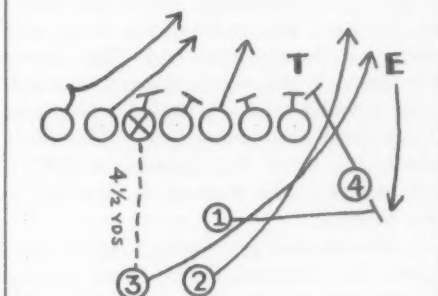
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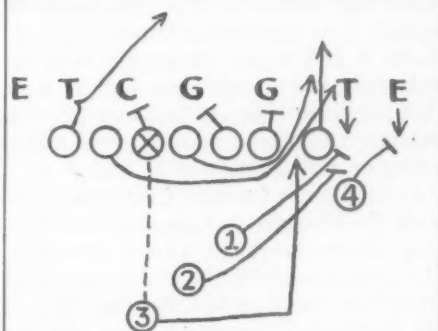
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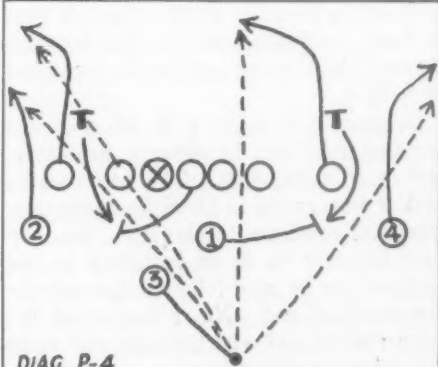
DIAG. P-1



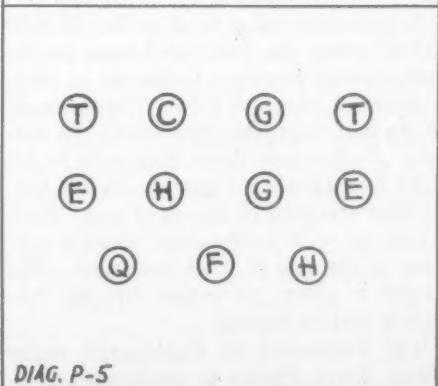
DIAG. P-2



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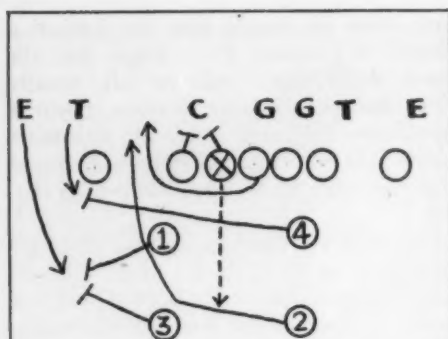
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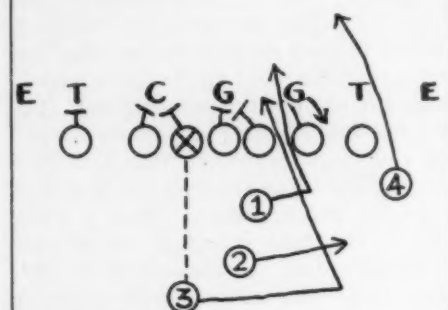
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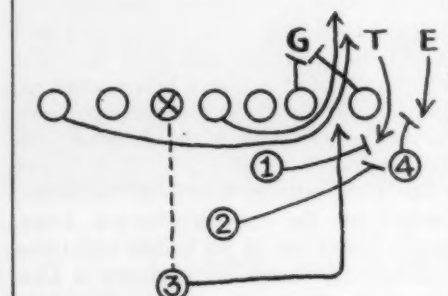
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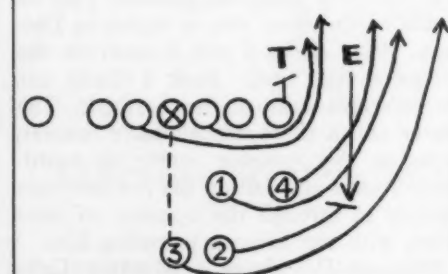
DIAG. P-6



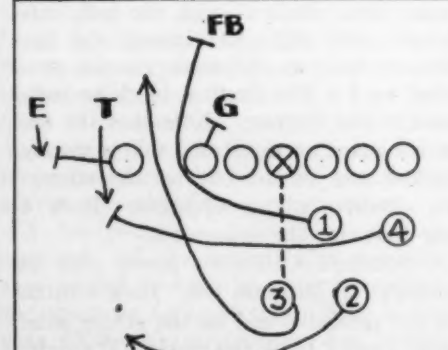
DIAG. P-7



DIAG. P-8



DIAG. P-9



DIAG. P-10

the defensive left guard. Back 3 starts out to his right and cuts back between the defensive guard and tackle, preceded by two interferers from the line.

Washington State College, coached by O. E. Hollingberry, uses the Notre Dame formation. An end run from this formation is shown in Diagram P-9. The defensive left end is allowed to smash through and is blocked by 2. The right end blocks the defensive tackle. The two guards and backs 1 and 4 run interference for the ball-carrier, 3.

In Diagram P-10 is illustrated a Washington State half spinner to the short side. Back 3 half spins, faking to 2, and runs to the short side, going inside the defensive tackle. The end on the short side blocks out the defensive end. The defensive tackle on this side is allowed to smash through and is taken by back 4, who comes across from the strong side. The short side tackle turns the opposing guard in, and back 1 comes through for the defensive fullback.

A Washington State pass play is illustrated in Diagram P-11. Back 3, the passer, receives the ball and runs to his right. He is given protection by the right guard and back 2. The two ends go straight down the field before cutting out. Backs 1 and 4 run diagonally wide to their right to be eligible for a short pass. This play is intended to free four possible receivers and should make possible either a long or a short pass.

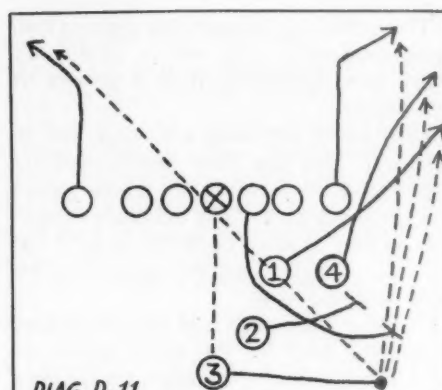
At St. Mary's College (California), Edward P. Madigan is using for the most part the regular Notre Dame formation. The team goes from the huddle to a balanced line, the backfield shifting right or left from the T formation.

A St. Mary's buck from punt formation is shown in Diagram P-12. The ball goes to back 1, who hits into the line between his own right guard and tackle, preceded by back 4.

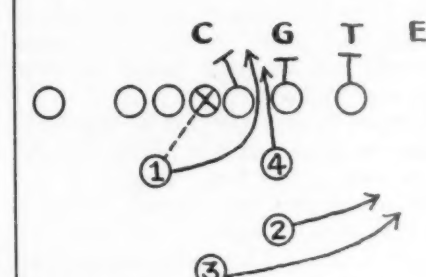
Diagram P-13 shows a St. Mary's spinner that may end in either a run inside end or a lateral pass. The ball goes to back 1, who starts to his right, fakes to 1, spins and continues to his right. He may pass laterally to 3, as indicated in the diagram; or he may follow 4 through the line inside of end. No. 1 blocks out the defensive left end, and the right end turns the defensive tackle in.

A pass play being used by St. Mary's, which scored the first touchdown in the game against Southern California in 1931, is shown in Diagram P-14. The two ends go straight down and then cut to the outside. Back 4 goes down diagonally to his right and then cuts sharply to his left, crossing the path of the right end. Back 1 runs out wide to the right. Back 3 may pass to any one of these four men. The passer is given protection by the two guards and by back 2.

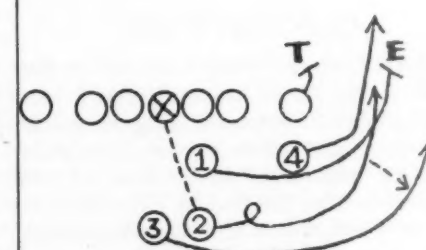
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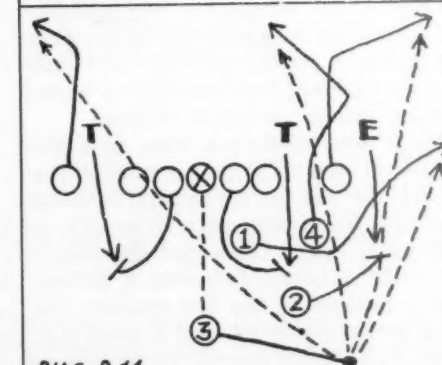
DIAG. P-11



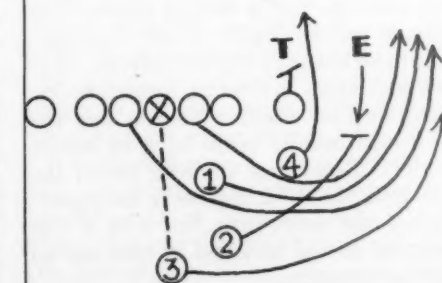
DIAG. P-12



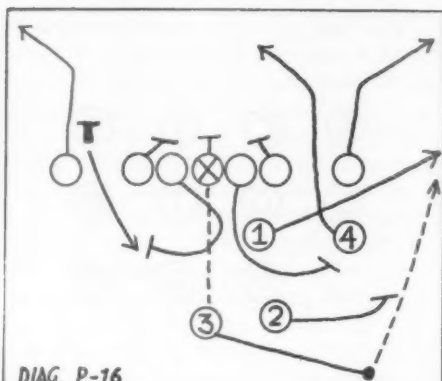
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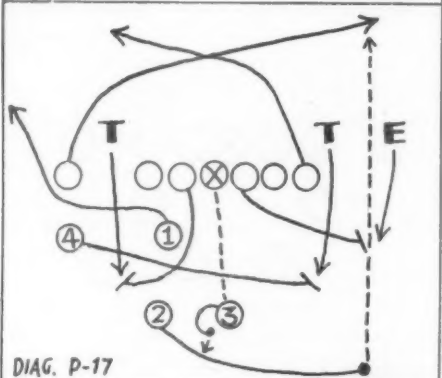
DIAG. P-14



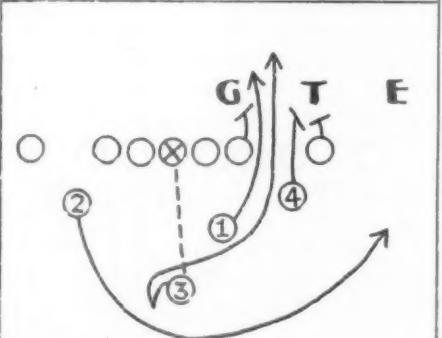
DIAG. P-15



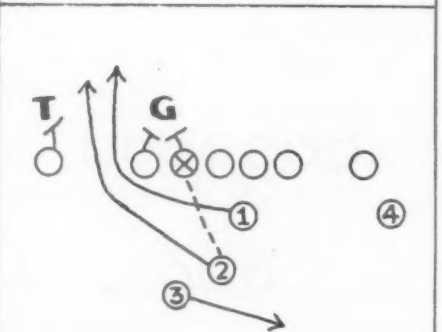
DIAG. P-16



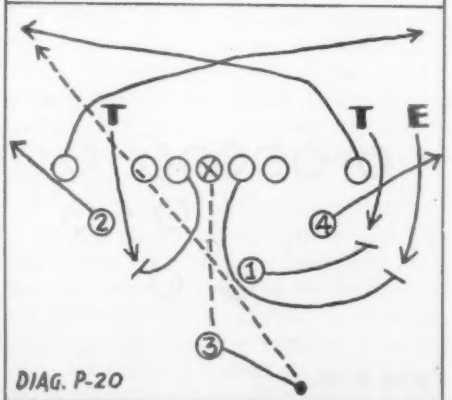
DIAG. P-17



DIAG. P-18



DIAG. P-19



DIAG. P-20

ing the Notre Dame system. An end run from the Notre Dame formation is shown in Diagram P-15. The defensive left end is blocked by back 2. Back 3, with the ball, runs wide to his right, interference being given him by the two guards and back 1. Back 4 goes down for the secondary. The right end stops the tackle opposite him.

A running pass being used by the University of Washington is shown in Diagram P-16. Back 3 passes to back 1 out in the flat zone while running to his right. Protection is given him by the two guards and by back 2. The two ends and 4 go down the field as possible pass receivers.

Diagram P-17 illustrates a Washington reverse pass. Back 3 takes the ball from center, half spins, and hands the ball to 2, who runs to his right and passes to the left end. Note that both ends cross. Protection is given by 4, who crosses with 2, and by the two guards. Back 1 goes down the field with the ends as a possible pass receiver or decoy.

Stanford University, now coached by Claude E. Thornhill, is still using "Pop" Warner's A, B and C formations. A half-spin buck from formation C is shown in Diagram P-18. The ball goes to 3, who half spins, fakes to 2 and then bucks the line inside defensive tackle. Back 2 runs wide to the right, carrying out the fake. Back 1 precedes 3 through the line. Back 4 teams with the right end on the defensive tackle. The right tackle turns the defensive guard in.

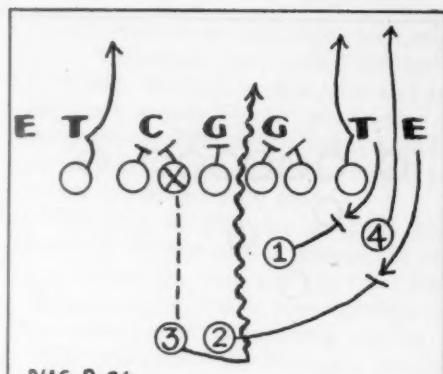
A short-side Stanford play from formation B is shown in Diagram P-19. Back 3 fakes to the right. Back 2, preceded by 1, takes the ball inside the opposing tackle on the short side of the line. The short-side end turns the opposing tackle out. The center and the short-side guard or tackle team on the opposing guard.

Diagram P-20 shows a Stanford pass play. The two ends cross, and backs 2 and 4 run wide to the outside. Any one of these four may receive a pass. The diagram shows the pass going from 3 to the right end, who has run deep to the left side of the field. The two guards and back 1 protect the passer.

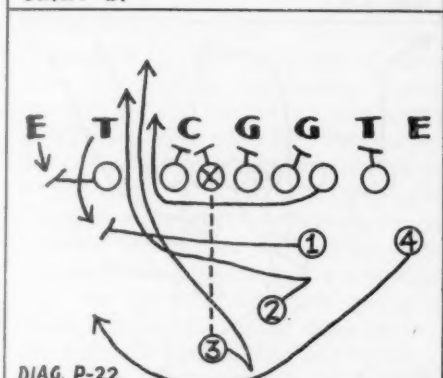
The University of California under Coach William A. Ingram lines up in short punt formation, calls signals and shifts into any one of three formations: Z backfield on the strong side, double wing-back, or Z backfield on the short side of a line in which all but an end have shifted to the strong side.

A California quick-kick is illustrated in Diagram P-21. The two ends merely check the opposing tackles before going down the field to cover the kick. Back 3, who receives the ball from center, starts to the right as in an end run before kicking. Backs 1 and 2 protect to the right. Back 4 goes down the field to cover the kick. The linemen block to the front.

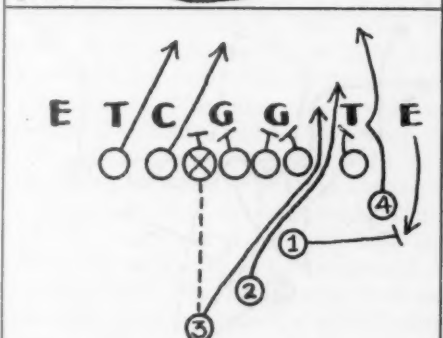
Diagram P-22 illustrates a weak-side



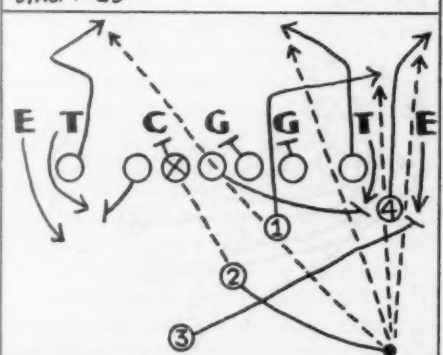
DIAG. P-21



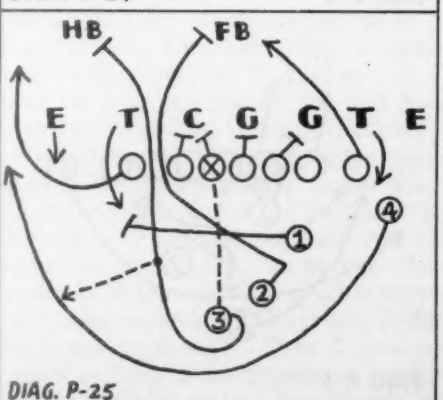
DIAG. P-22



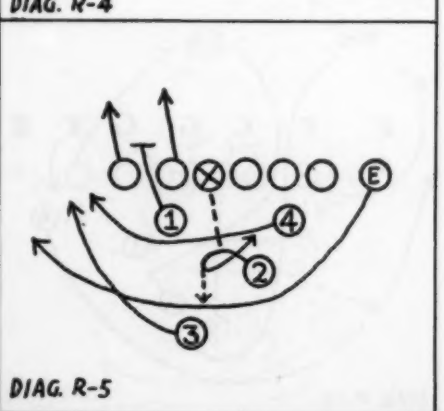
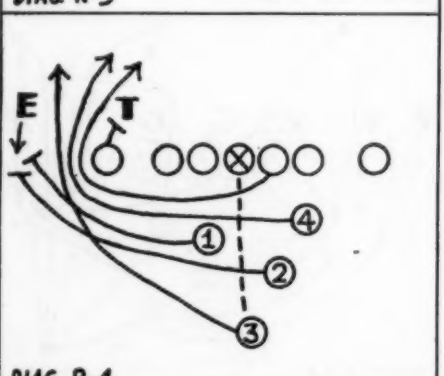
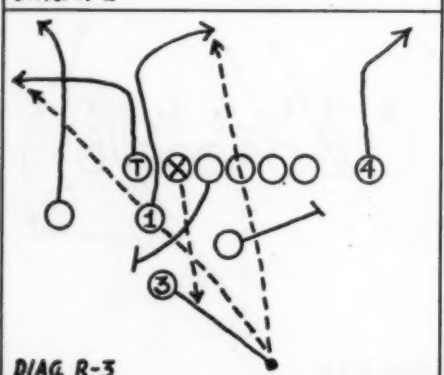
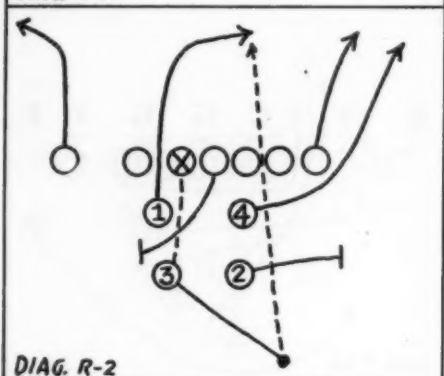
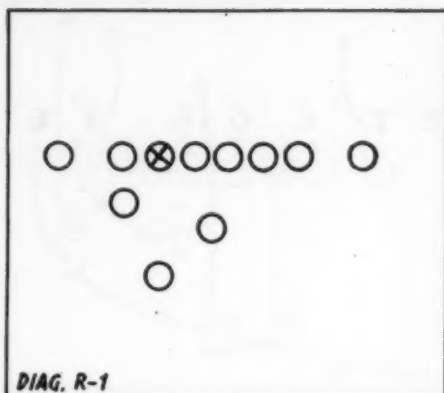
DIAG. P-23



DIAG. P-24



DIAG. P-25



play from Z formation that has scored a number of touchdowns for California. Back 3 takes the ball, half spins, fakes to 4, and hits into the line on the weak side inside the defensive tackle. The opposing tackle and end are allowed to charge across the line of scrimmage before being blocked out of the play by offensive back 1 and the short-side end, respectively. Back 2 and the strong-side tackle precede 3 through the line. The center and the short-side tackle team on the defensive center. The play as shown indicates a running play. If the opposing right end is unusually strong, 3 may pass laterally to 4.

Diagram P-23 shows a California slant buck. No. 3 hits inside the defensive tackle on the strong side. The strong-side end turns the opposing tackle out. The strong-side tackle and guard team on the opposing guard. Back 4 helps his end with the tackle before going through for the secondary. The defensive left end is allowed to charge across deep before being taken out of the play by 1. The weak-side end and tackle charge through for the secondary.

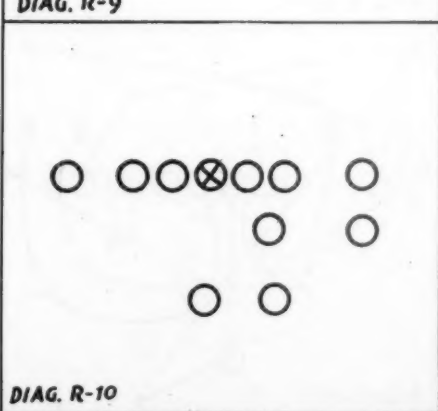
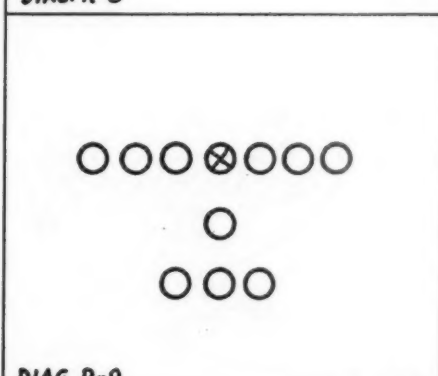
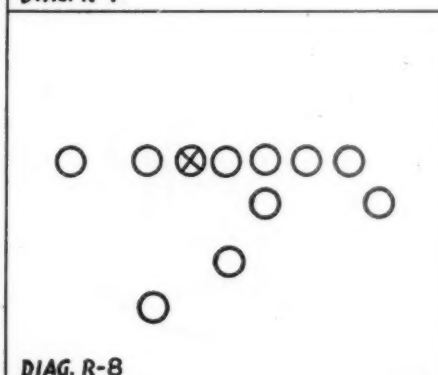
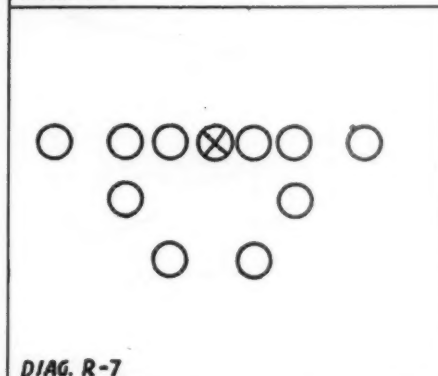
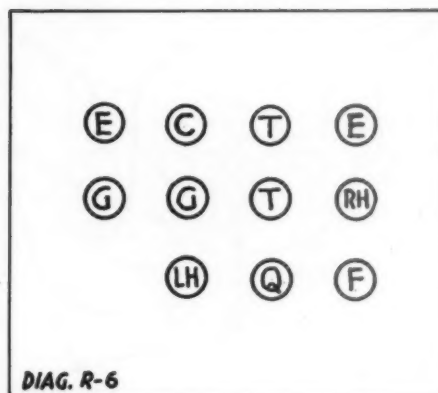
Diagram P-24 illustrates a California pass play in which four men are available as possible receivers. Back 2 receives the ball and runs wide to his right before passing to one of the ends, to 1 or to 4. He is given protection by 3 and the two linemen on either side of center. The left end goes straight down, cuts out and then in. Back 4 goes down deep and cuts out. Back 1 and the right end go straight down and hook toward each other, each crossing the path of the other.

Diagram P-25 shows a California weak-side lateral play to be used against an end coming in short. The ball goes to 3, who spins and fakes toward tackle on the short side, but passes laterally to 4, the wing-back, who has come across from the strong side. Back 4 then goes outside of left end. The left end runs interference. No. 3, after passing to 4, goes through for the defensive right halfback. Back 1 blocks the defensive right tackle. Back 2 fakes right and then goes through for the defensive fullback. The right end goes down for the secondary. Other assignments are as shown in the diagram.

Rocky Mountain Area

FOOTBALL teams in the Rocky Mountain area are using a variety of offenses this year, although the single wing-back seems slightly more popular than the others. The backfield in this formation usually shifts to the strong side of the line, but plays are often run with the backfield shifted to the short side.

The University of Denver, coached by Percy P. Locey, employs a number of offensive formations. Diagram R-1 shows the eight-man line sometimes used. Diagram R-2 shows a forward pass from an



unbalanced line, a box in the backfield. Back 3 takes the ball and passes directly over the line to 1, who has gone straight through and then cut sharply to his right. The two ends and 4 also go down as possible receivers. Protection is given the passer by 2 and one of the linemen.

Diagram R-3 illustrates a pass from an unbalanced line, the backfield shifted to the short side of the line. The diagram indicates that the pass goes from 3 to 1, or from 3 to the man on the left end of the line, who is normally a tackle. The man on the right end of the line is normally a back. He also is a possible receiver.

A University of Denver off-tackle play from punt formation is shown in Diagram R-4. This play is often used when the team is near the goal line. The left end blocks the opposing tackle in. Backs 1 and 2 take the defensive right end. Back 3 carries the ball, preceded by the right guard and 4 as interferers.

Diagram R-5 shows a play used by the Colorado Agricultural College, coached by H. W. Hughes. This is an end-around play with a fake spinner after a fake lateral to the tail back. Back 2 takes the ball from center, fakes a lateral pass to 3, spins, hands the ball to the right end coming around, and fakes into the line. The right end, with the ball, runs wide to his left. Backs 3 and 4 act as interferers.

The University of Colorado under Coach William H. Sanders lines up as shown in Diagram R-6. From this formation the team may shift into a single wing-back with unbalanced line or the formation shown in Diagram R-7.

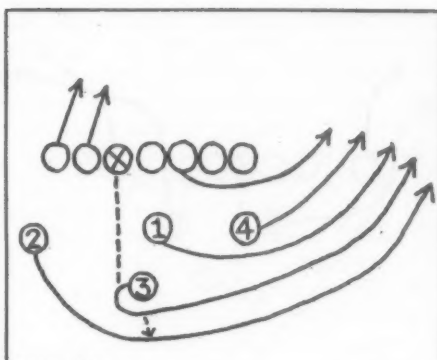
Diagram R-8 illustrates the simple formation that has been used by the University of Utah for several championships during the past few years. Utah is coached by Ike J. Armstrong.

The Utah State Agricultural College under E. L. Romney is using the T formation shown in Diagram R-9 and the formation shown in Diagram R-10.

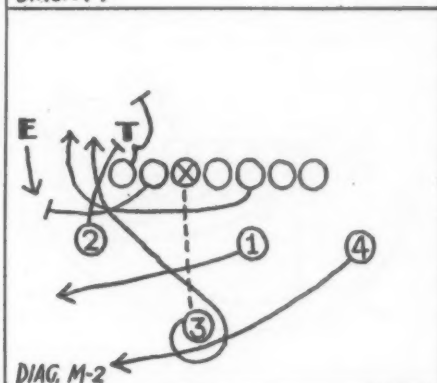
The Midlands

IN the Missouri Valley section, the lateral pass in conjunction with runs or forward passes is becoming more and more popular. The new side line, ten-yard zone has speeded up the game and has met with the approval of players and spectators. While the double wing-back is popular with several of the strong teams of this section, the punt formation, the Notre Dame system and the single wing-back are also much used.

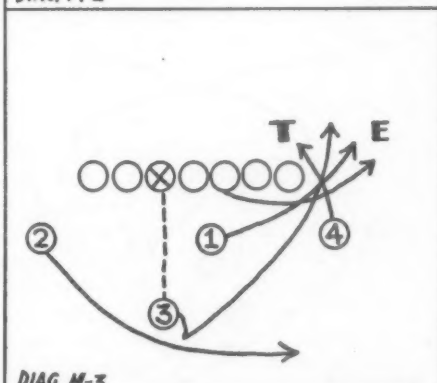
No one type of formation predominates in the section east of the Mississippi. The single wing-back seems to be slightly more popular here than among the colleges of the Missouri Valley district. The double wing-back is used by a number of teams. The Notre Dame system or variations of it are again popular, while certain teams



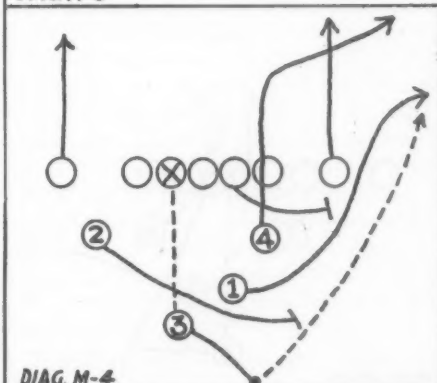
DIAG. M-1



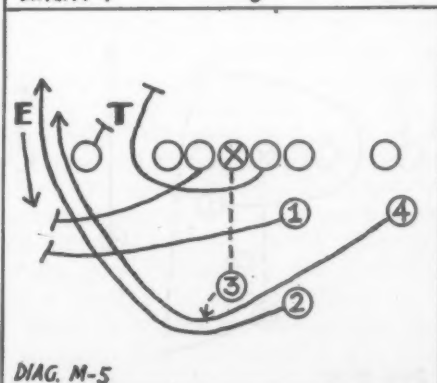
DIAG. M-2



DIAG. M-3



DIAG. M-4



DIAG. M-5

are enjoying success with the punt formation. The lateral pass behind the line of scrimmage and following a wide end run has been responsible for good gains by many teams, while certain teams have developed to a high degree the lateral following a short forward pass.

The type of defensive used by most teams in the Midlands is designed to protect against the pass and the quick-kick. The six-man line is used almost exclusively, the formation in the backfield varying.

The University of Nebraska, coached by Dana X. Bible, again has one of its excellent football teams. The Cornhuskers employ an unusual system of coming into the line from the huddle. Instead of straggling into the line in a careless way, they maneuver in an orderly manner with machine-like precision, which is very satisfying from a spectator's standpoint. There are three distinct phases in the Cornhusker's method of lining up. They first take their positions in two semi-circles with the four backfield men facing the seven linemen, who have their backs to the ball. Here the play and signal are given. In the second phase, the center takes his place over the ball, while the seven linemen and one of the backs form a straight line back of the center and facing the ball. The other three backs are behind the linemen and facing toward the ball. If an unbalanced line is to be used, the guard or tackle shifting to the strong side will take his place in this second phase. The third and final phase is the "hep" into formation with either an unbalanced or a balanced line. The double wing-back and the short punt formations are used extensively. The quick-kick is used from either of these formations.

One of Nebraska's most effective plays is an off-tackle or sweeping end run by 2, the left wing-back, as shown in Diagram M-1. From an unbalanced line, the ball is passed to 3, who spins and in turn passes it to 2 coming around toward his right. Back 2 either cuts outside tackle or sweeps around the end behind his interferers, the shifted tackle, 1, 4 and 3. The short-side end and guard go down for the secondary.

Another great ground gainer which Nebraska uses extensively is a pass from the formation shown in Diagram M-1. Instead of continuing to run around end or off tackle after taking the ball from 3, back 2 fades back and passes to either end straight down the field, or to back 1, who has gone through the line to a position just behind the defensive fullback.

The University of Kansas, under Coach Adrian H. Lindsey, uses a double wing-back formation similar to that used by Nebraska. From this, the team executes some very strong plays. In the play illustrated in Diagram M-2, the ball is passed to 3, who executes a full spinner, faking to 4 coming around. Then 3 goes off tackle, as shown in the diagram, or through the short side of center. The lineman on

the left of center pulls out of the line and turns the defensive right end out. Back 2 helps his left end on the opposing tackle. Back 1 comes around to be in position to help block out the end if necessary. The shifted lineman runs interference for 3.

Diagram M-3 illustrates another Kansas play. Back 3 takes the ball from center, executes a half spin, faking to 2 coming around, and then goes just inside or outside tackle behind 1, 4 and the shifted lineman, who lead the way.

Diagram M-4 shows a Kansas pass from short punt formation. The ends go straight down the field. Back 4 goes straight down and then out, while 1 goes about eight yards down and then out. Back 3 gets the ball from center and passes to 1. Back 2 and a tackle on the strong side protect the passer.

The University of Missouri, coached by Frank Carideo, uses a variation of the Notre Dame system. The team first goes into a circular huddle; then into a regular formation with the backs in a diamond; after which the backs shift right or left with balanced or unbalanced line.

Diagram M-5 illustrates a Missouri off-tackle or wide end run to the weak side. The ball is passed directly to 3, who spins and passes it to 4 coming around. Back 4 then goes outside tackle, as shown in the diagram, or inside tackle, the right guard and 2 interfering for him. The left guard and 1 take the defensive right end. This play may be varied. With the guards staying in the line, 3 may fake to 4 coming around and then plunge through the center of the line. Passes are sometimes run from this formation following the fake to 4.

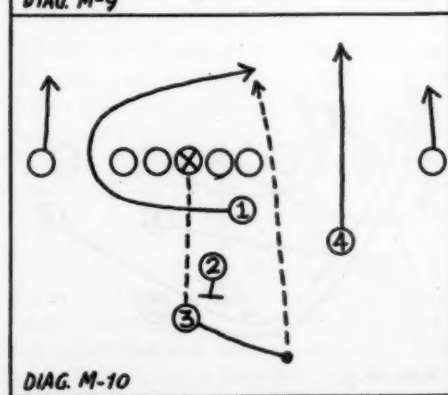
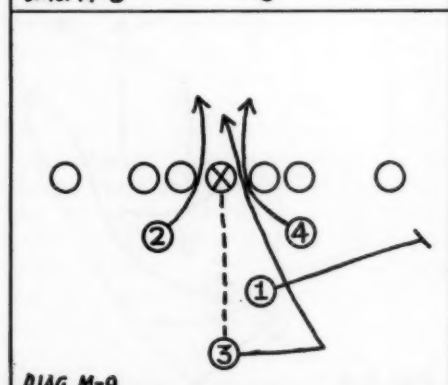
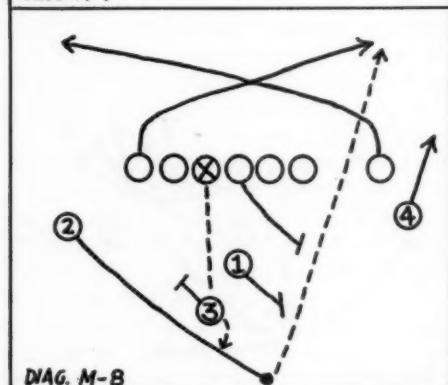
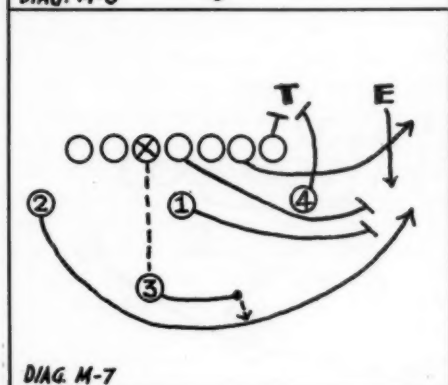
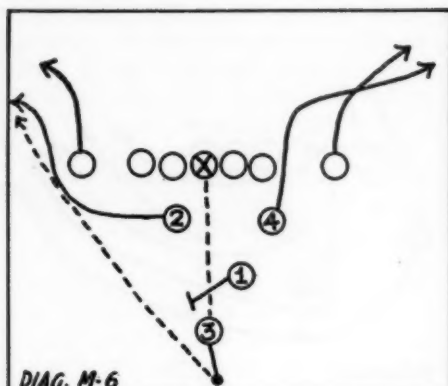
Missouri also uses a short punt formation from which passes or kicks may develop. In the play shown in Diagram M-6, the team lines up as for a punt or drop-kick, and 3 passes to either end in the flat zone or to backs 2 or 4.

The Kansas State College team under A. N. McMillin, former Center College star, uses a punt formation, a balanced line with box formation shifted to right or left, and a double wing-back with balanced or unbalanced line. The huddle is used for giving signals.

A strong Kansas State play that is usually good for several yards is shown in Diagram M-7. The ball goes to 3, who passes laterally to 2, going to his right. Back 2 sweeps around his own right end. Two linemen from the strong side and back 1 take out the end and run interference.

Diagram M-8 shows a Kansas State pass play. Back 3 takes the ball from center and passes backward to 2 coming around to his right. Back 2 then passes to one of the ends who have crossed over. The left guard, 1 and 3 protect the passer. Back 4 is also eligible for a pass.

The University of Oklahoma, coached



by Lewis Hardage, former Vanderbilt star, goes into punt formation from the huddle, executing all plays from this formation. A line buck is shown in Diagram M-9. Back 3 starts to his right with the ball and cuts sharply back over center, being preceded through the line by backs 2 and 4. Back 1 protects to the right.

Diagram M-10 shows an Oklahoma spread formation pass over center. The team lines up as shown in the diagram. The two ends and back 4 go straight down the field. Back 2 drops back to protect 3, the passer. Back 1 runs to his left and when beyond the line of scrimmage cuts to his right, receiving the ball just over center.

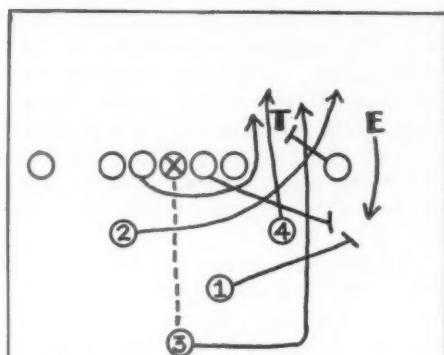
Iowa State College, coached by George F. Veenker, is using a punt formation primarily, coming to this from the huddle. An off-tackle smash is shown in Diagram M-11. Back 3 starts to his right and cuts back sharply, preceded by the left tackle, 2 and 4. The right guard and 1 take out the end. The right end turns the opposing tackle in.

Diagram M-12 shows an Iowa State spinner to the weak side. Back 2 takes the ball from center, fakes to 1 coming around and hits the line inside defensive tackle on the weak side. Back 4 and the right guard take out the defensive right end. The left end turns out the defensive right tackle, who is decoyed to his right by backs 1 and 3 running to their left. The left tackle turns the defensive guard in, and the left guard pulls out and precedes 2 through the line.

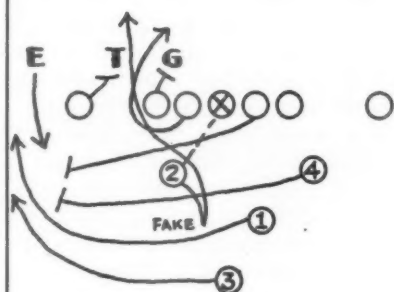
Diagram M-13 illustrates an off-tackle play being used by Oklahoma A. & M., which is coached by L. O. Waldorf. The team lines up in double wing-back formation with both backs and ends wide. The ball goes to 3, who runs to his right, fakes to 2, coming around behind him, continues to the right and then hands the ball to 2, after which 3 fakes into the line. Back 2, with the ball, continues to the right and hits off tackle, preceded by a lineman from the short side. A strong-side lineman and 1 block the defensive left end out. The right end and 4 take the defensive left tackle in.

Washington University (St. Louis, Missouri), coached by James D. Conzelman, uses the lateral pass play illustrated in Diagram M-14. Back 3 receives the ball from center, fakes toward the line and throws a lateral to the left end, who runs wide to the right and carries the ball outside end, 1 interfering for him. Back 4 turns the end in. Back 2 comes around and goes through for the secondary. The lineman on the right of center pulls out to help in the interference.

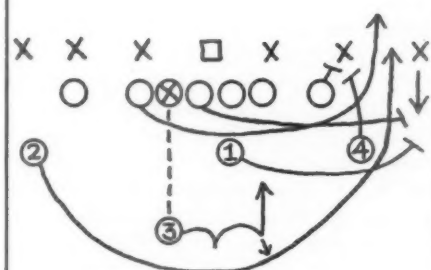
A punt formation is being used exclusively by Grinnell College, coached by Lester L. Watt. One of the strongest plays used by this college is shown in Diagram M-15. Back 1 takes the ball from center, makes a full spin, faking to 2, and



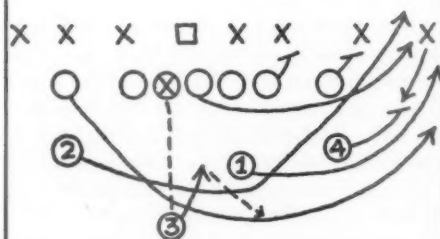
DIAG. M-11



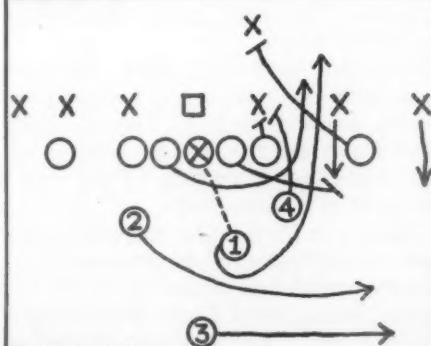
DIAG. M-12



DIAG. M-13



DIAG. M-14



DIAG. M-15

goes through inside defensive tackle. The right tackle and 4 block the defensive left guard in. The defensive left tackle is allowed to charge across the line, where he is blocked out by the right guard. The left guard interferes for 1. Back 3, who is 6 or 6½ yards back of center, and 2 fake to the right. The right end cuts through for the defensive fullback.

Butler University, coached by Frederick Mackey, uses the double wing-back and unbalanced line as its basic formation. The wing-back on the short side sometimes takes the ball from center while in motion toward the strong side.

Drake University, under V. J. Green, uses two basic formations, a full cycle of plays being run from each. The team usually lines up with an unbalanced line, a box in the backfield directly behind center. From this, the players shift into the second formation, a single wing-back with unbalanced line.

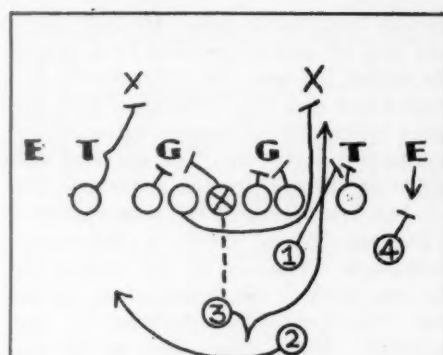
Creighton University, coached by A. R. Stark, uses the typical Notre Dame formations for the most part, but sometimes resorts to a double wing-back with unbalanced line.

Diagram M-16 shows an Iowa play that has made long gains this year. Back 3 receives the ball from center and fakes to 2, who continues to the left. Back 3 then goes through the line inside defensive tackle, preceded by the left guard. Back 4 blocks the defensive left end out. The right end and No. 1 team on the defensive left tackle, turning him out. The right tackle and guard team on the defensive guard opposite. The left end fakes at the defensive tackle opposite and then goes through for the secondary. This play is most successful against a six-man line. The University of Iowa is being coached for the second year by Ossie Solem.

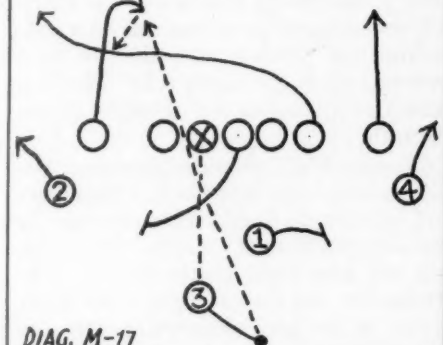
An Iowa forward lateral from the double wing-back formation is shown in Diagram M-17. The two wing-backs, 2 and 4, break to the outside fast to draw the defensive backs out. The left end goes down short, pivots to the inside and receives a short pass from 3. The left end then makes a backward or lateral pass to the strong-side tackle who has swung across behind the defensive line as indicated. The strong-side guard and 1 block as indicated to protect the passer.

The University of Chicago, coached by Clark D. Shaughnessy, is using the off-tackle play shown in Diagram M-18. Back 1 receives the ball from center and fakes to 2 as the latter goes into the line to block out a defensive lineman. No. 1 then fades back, picks up 3 and 4 as interferers, and goes off tackle on the strong side. The shifted lineman blocks out the defensive right end. The left end turns in the defensive tackle on his side. The right tackle goes through for the secondary after checking the man opposite.

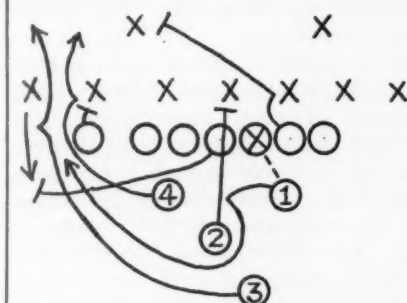
Diagram M-19 illustrates another Chicago play. The ball goes to 3, who fakes



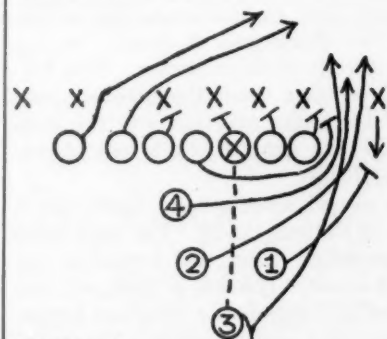
DIAG. M-16



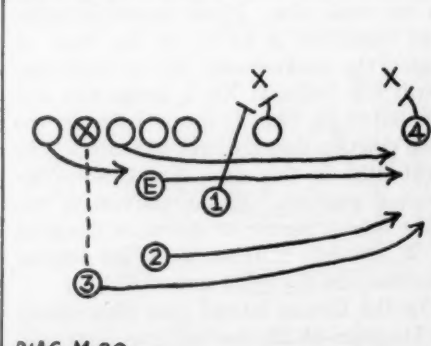
DIAG. M-17



DIAG. M-18



DIAG. M-19



DIAG. M-20

to fade back for a pass. He half spins and goes off tackle, preceded by 2, 4 and the shifted lineman. No. 1 blocks the defensive left end out. The right end, assisted by the shifted lineman, turns the defensive left tackle in. The left end and tackle go through for the secondary, the left end first faking at the man opposite.

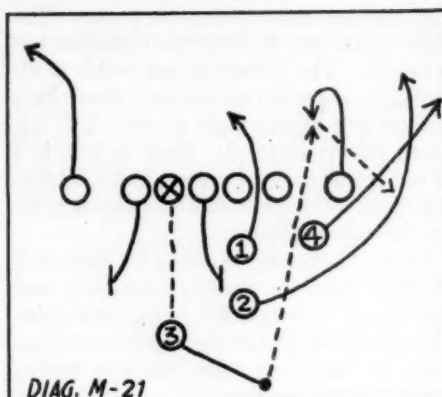
Diagram M-20 shows a Minnesota strong-side formation on the right with the wing-back, 4, out wide and up on the line. The weak-side end comes into the backfield. No. 4 drives back on the defensive left end. The right end, assisted by 1, blocks the defensive left tackle. Back 2, one of the guards and the short-side end swing to the strong side on a wide interference. Back 3 takes the ball for a wide end run to the strong side. The University of Minnesota is coached by Bernie Bierman.

Diagram M-21 shows a Minnesota forward lateral. The wing-back, 4, goes down and out deep. Back 1 cuts through the line and goes down the middle. The weak-side end goes down and hooks out. The strong-side end goes straight down short, pivots to his left, receives the pass and then makes a lateral to 2, who swings out and around the strong side. The guards protect, as indicated.

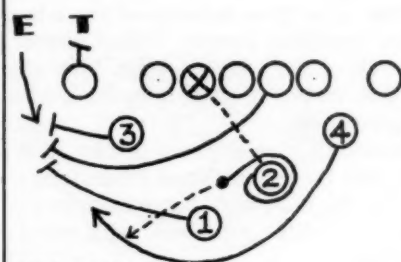
The University of Illinois, under Robert C. Zuppke, is using two different basic formations. These are shown in Diagrams M-22 and M-23. Diagram M-22 shows a formation with unbalanced line. Both guards and a tackle are on the strong side; the ends are split away about 2 yards. Two backs, about 1 yard behind the line of scrimmage, split the openings left by the ends. The fullback is about 3 yards back of the line of scrimmage, splitting the opening between the second and third man on the strong side of the line. The quarterback is about 6 to 6½ yards directly back of center. This formation is taken from the huddle. Any one of the backs may fall into the deep position; the quarterback is not always the man back.

The second Illinois basic formation is shown in Diagram M-23. The team takes this formation from the formation described above. The line is balanced, and the backfield goes into a semi-box formation on either side of center. The guard on the strong side comes back to his place on the weak side. If the semi-box backfield formation is to be on the right of center, the quarterback, No. 1, shifts forward; the fullback, No. 2, backs up; and the left half, No. 3, drops back to the deep position directly back of center. The right half, in this case, No. 4, holds his original position. If the shift is to the other side of center, as shown in Diagram M-23, the left halfback holds his original position, and the other men shift.

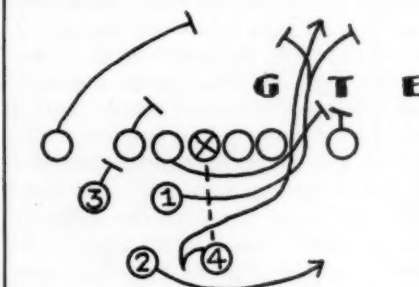
In the Illinois lateral pass play shown in Diagram M-22, the ball goes from center to the fullback, 2, who passes laterally



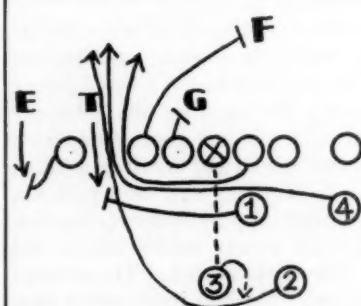
DIAG. M-21



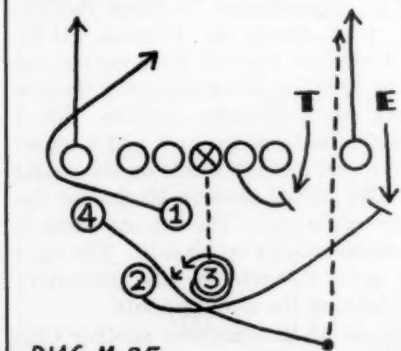
DIAG. M-22



DIAG. M-23



DIAG. M-24



DIAG. M-25

to 4. No. 4 swings around to the weak side. The weak-side end checks his defensive tackle. Backs 1 and 3 and the second lineman from center on the strong side turn the defensive right end in. After receiving the ball from center, the fullback makes a complete pivot before passing to 4, who runs wide around the weak side.

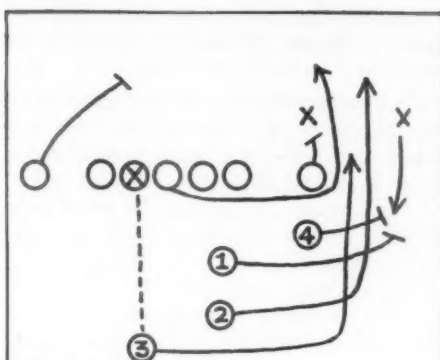
Diagram M-23 shows the Illinois backfield in the semi-box formation shifted to the left of center. The line is balanced. The ball is passed to the deep back, 4, directly back of center. No. 4 half spins and fakes to the fullback, 2. Then 4 hits inside the defensive tackle on the weak side. The strong side guard swings out and helps the offensive right end turn the defensive left tackle out. The front back, 1, leads the play through the opening inside the defensive tackle. The fullback, 2, fakes out as indicated in the diagram.

Purdue University is coached by Noble Kizer, an old Notre Dame player, who has built up his offense along the lines he learned at his alma mater. Diagram M-24 shows a Purdue weak-side drive inside of tackle. The line is balanced, the ends are split away about 2 yards and the backs, in box formation, are on the right. Back 3 receives the ball from center, pivots to his right and gives the ball to the fullback, 2, for a run inside the defensive weak-side tackle. The offensive weak-side tackle goes through for the defensive fullback. The defensive weak-side tackle is allowed to come through and is taken out of the play by 1. The strong-side guard and 4 lead the play through the hole inside the defensive right tackle. The left end turns the defensive right end out. The course of the ball-carrier is shown in the diagram.

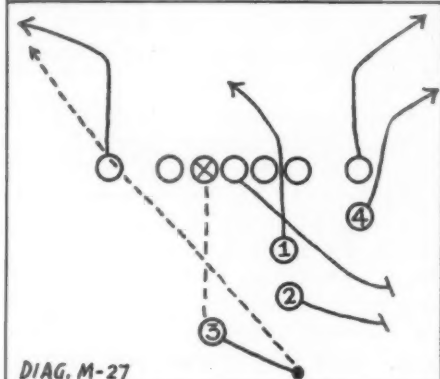
Diagram M-25 shows a long forward pass that has made several good gains for Purdue. The backs, in box formation, are shifted to the left of center. Back 3, who first receives the ball, pivots all the way around, faking to the fullback, 2. The fullback carries out the fake by running to the right and blocks out the defensive left end. The ball is given by 3 to back 4, who swings out deep to the weak side and makes a long pass to the weak-side end straight down the field, as indicated. The left end goes straight down the field. The quarterback, 1, swings out to the strong side and then cuts into the opening back of center. The right guard pulls out to protect the passer.

Diagrams M-26 and M-27 illustrate plays being used this year by Indiana University, coached by E. C. Hayes. Both plays shown are run from an unbalanced line, strong side formation to the right, the backs in Z formation.

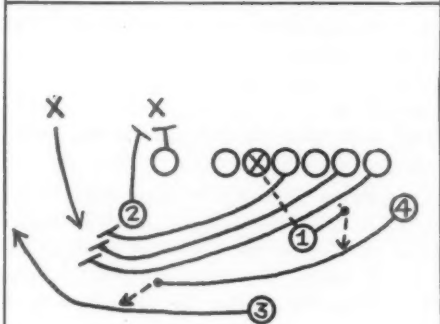
The play in Diagram M-26 is a short run inside the defensive end on the strong side. The strong-side end checks the tackle opposite. Backs 1 and 4 take the defensive left end out. The fullback, 2, and a strong-side guard lead the play, as indi-



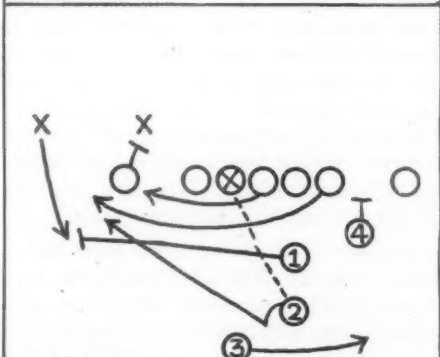
DIAG. M-26



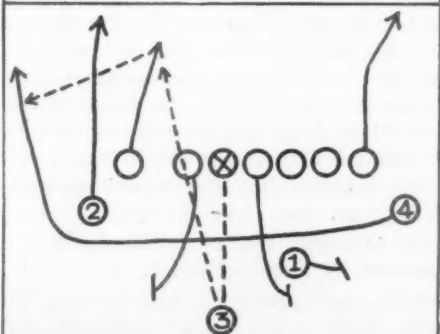
DIAG. M-27



DIAG. M-28



DIAG. M-29



DIAG. M-30

cated. The left end goes through for the secondary. The ball goes to 3, who starts to the right and cuts back off tackle.

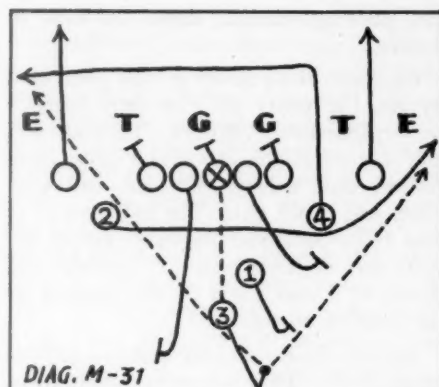
An Indiana forward pass from the same formation as that used in the run described above is shown in Diagram M-27. The strong-side end goes down and hooks a little to the outside. The wing-back, 4, hooks to the outside. Back 1 goes through into the zone back of center. The left end goes down deep and hooks to the outside. The play starts as a running play to the right. The passer, 3, takes the ball from center, starts to his right and throws a long pass to the weak-side end. A strong-side guard and 2 protect the passer.

Ohio State University, coached by S. S. Willaman, is using the lateral pass from the double wing-back formation as shown in Diagram M-28. Back 1 receives the ball from center, starts to the strong side and gives the ball to 4, the strong-side wing-back. No. 4 then swings close around to the weak side and makes a lateral to the deep back, 3, who has drifted wide to the weak side. The weak-side wing-back, 2, helps the left end on the defensive tackle opposite. Three strong-side linemen swing around to the weak side on the defensive end, as indicated.

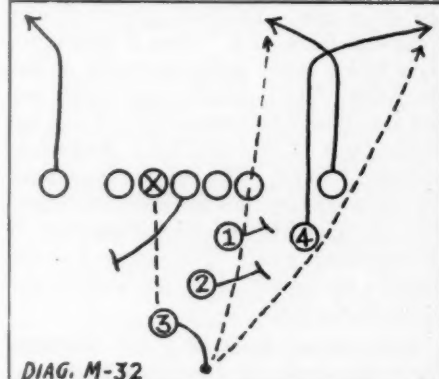
Another Ohio State play is shown in Diagram M-29. This is from an unbalanced line with a Z formation of backs shifted to the strong side. The fullback, 2, receives the ball from center, makes a half spin and fakes to give the ball to the deep back, 3. No. 3 carries out the fake by running to the right. Back 1 turns the weak-side defensive end out. The weak-side end turns the defensive right tackle in. Two linemen on the strong side swing to the weak side close on tackle. Back 3 takes the ball just off tackle on the weak side. Back 4 blocks the first defensive player sifting through the line.

Northwestern University, under R. E. Hanley, uses a number of forward lateral pass plays, one of which is illustrated in Diagram M-30. The ball goes to 3, who makes a short forward pass to the left end. The left end then passes laterally to No. 4, who has come over to the short side of the line. The two linemen on either side of center and back 1 give the passer protection. The play may be varied in a number of ways. The receiver of the forward pass may be one of the wing-backs. The receiver of the lateral may be one of the ends, or a lineman, who would not be eligible for the first pass.

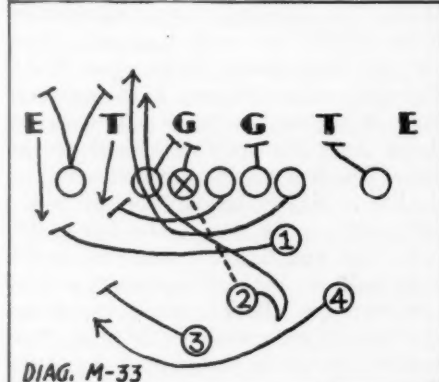
Diagram M-31 shows a Northwestern forward pass play sometimes used against a team employing a man-to-man defense. The ends are split away wide, and the wing-backs are between the tackles and ends and about one yard back. The ball goes to 3, who fades back and passes to 2 in the flat zone to the right, or to 4, who has gone straight down about 6 or 7 yards and then crossed to the left. The two guards and back 1 protect the passer. The



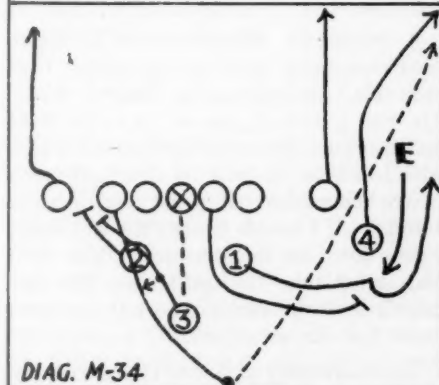
DIAG. M-31



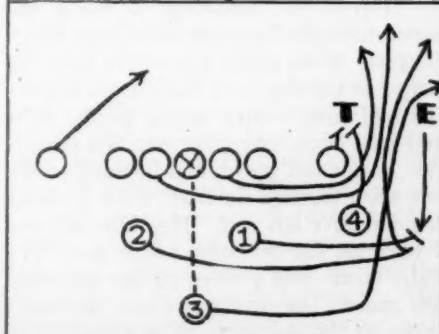
DIAG. M-32



DIAG. M-33



DIAG. M-34



DIAG. M-35

two ends go straight down the field as decoys.

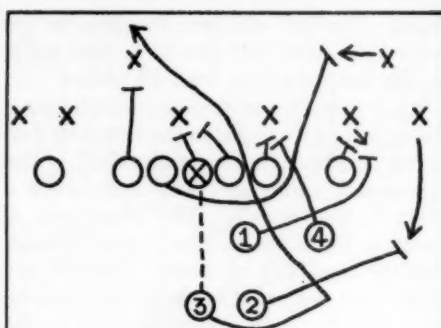
Diagram M-32 shows a pass play used by the University of Wisconsin, coached by Dr. Clarence W. Spears. The right end and 4 go straight down and then hook toward each other. The left end goes down and hooks out. The ball goes to 3, who fades back and passes to either the right end or 4. Protection is given the passer by 1 and 2 and by the lineman on the right of center.

Another Wisconsin play is shown in Diagram M-33. This is a powerful drive to the short side. The ball goes to 2, who spins and fakes to 4. Then 2 follows his right tackle inside defensive tackle on the short side. The defensive right tackle and end are allowed to charge through and are blocked out of the play by a strong-side lineman, 1 and 3. The left end goes down for the secondary; his direction, of course, depends upon the defensive formation of the opposing team. The center and the lineman on his left block the lineman opposite to the right.

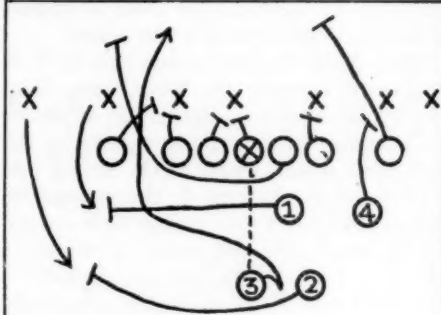
Two strong University of Michigan plays are shown in Diagrams M-34 and M-35. The Michigan team, coached by Harry Kipke, has made long gains from the pass play shown in Diagram M-34. This play allows Wistert, Michigan's star baseball pitcher, playing at left tackle, to throw the ball a great distance down the field. The ball goes to 3, who starts into the line to his left, handing the ball to the left tackle as he goes. The left tackle fades back and throws a long pass to the wing-back, 4. Both ends go down as possible receivers. Back 1 checks the defensive left end and goes down the field. Protection is given the passer by 2, 3 and the right guard.

A strong off-tackle play which Michigan used repeatedly with success against Chicago this year is shown in Diagram M-35. The ball goes to 3, who starts to his right and cuts back inside the defensive left end, who has been allowed to charge through before being taken out of the play by backs 1 and 2. If 1 is able to stop the end alone, 2 goes down for the secondary. The right end and 4 take the tackle in. The two guards lead the play. The left end goes down for the secondary.

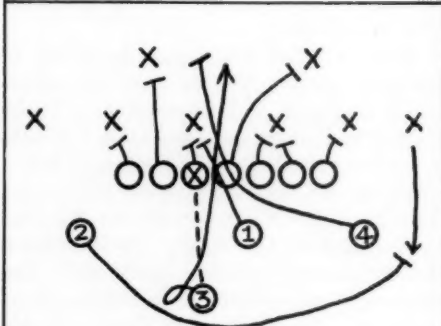
The University of Notre Dame, coached by Heartly W. Anderson, is using the plays shown in Diagrams M-36 and M-37. Diagram M-36 shows a cut-back near the center of the defensive line. Back 3 takes the ball from center, starts to the right and cuts back, going between his strong-side tackle and guard, and hooking to the left when through the line. Back 2 blocks the defensive left end. The right end and 1 team on the defensive left tackle. The right tackle and 4 team on the defensive left guard. The right guard and the center team on the defensive right guard. The left tackle goes through for the defensive



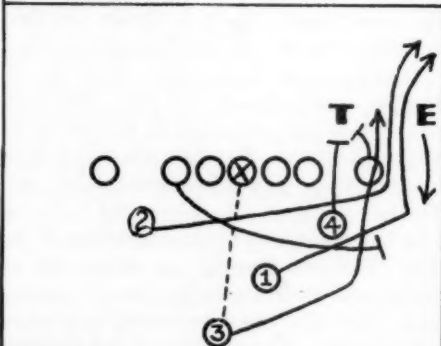
DIAG. M-36



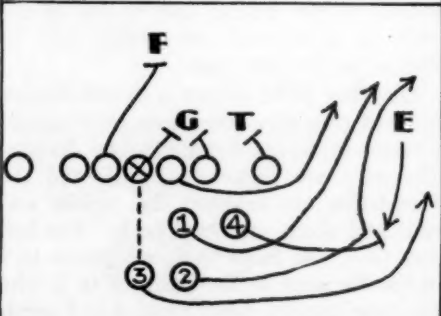
DIAG. M-37



DIAG. M-38



DIAG. M-39



DIAG. M-40

fullback or center opposite him. The left guard pulls out and swings around for the secondary on the strong side.

In Diagram M-37, a Notre Dame spinner to the weak side is shown. Back 3 takes the ball from center, half spins, fakes to 2 and then goes between defensive guard and tackle on the weak side. Back 2 carries out the fake by running to the weak side, where he blocks out the defensive right end. No. 1 back blocks out the defensive right tackle. The left end and tackle take the opposing guard in. The right guard pulls out of the line to run interference. Back 4 blocks the defensive left tackle, and the right end goes through for the secondary. Other assignments are as shown.

A strong play being used by Miami University, Oxford, Ohio, is shown in Diagram M-38. This team is coached by Frank Wilton. The ball goes to 3, who half spins and fakes to 2 and then hits into the line to the right of his own center. No. 2 back carries out the fake by running to the strong side and blocking out the defensive left end. The center and back 1 block the defensive right guard to the left. The strong-side tackle and guard block the opposing guard to the right. The shifted lineman goes through for the defensive fullback, and the left tackle charges through to take out the defensive center. Back 4 precedes 3 through the line as interferer.

De Pauw University, coached by Raymond R. Neal, regularly employs the short punt formation, with the tail back about 7 yards behind center and the ends split away about 2 yards. Sometimes Coach Neal also uses a Z formation in the backfield with a balanced line. Diagram M-39 shows a cut-back off tackle from the short punt formation. The run may also go around defensive end. Back 3 takes the ball and runs close off defensive left tackle, preceded by 1 and 2. Back 1 feints at the defensive left end before joining 3's interference. The defensive left end is blocked out by the left guard. The right end and 4 team on the defensive left tackle.

Wabash College is using the Notre Dame system. The play shown in Diagram M-40 is a powerful Wabash ground-gainer. The ball goes to 3, who runs wide around defensive left end before cutting back. Backs 2 and 4 team on the defensive left end, 2 joining the interference for 3, if possible. The right end turns the tackle in. The right guard and 1 run interference for 3. The weak-side guard goes through for the defensive fullback.

Oakland City College of Indiana is using a balanced line and single wing-back. The team uses quick-kicks and passes from running plays. Oakland City is coached by Brooks Pinnick.

Hanover College, coached by John M. Van Liew, uses spinners, quick opening plays, and laterals and double laterals.

The short punt formation, with balanced line and ends split away, is used by this team.

Earlham College uses single wing-back and short punt formations. M. O. Ross is football coach at this college.

Rose Polytechnic Institute shifts from the huddle into a balanced or unbalanced line with the backfield in single wing-back or Z formation.

The South

SOUTHERN teams again this year are making good use of the forward pass. They are also using lateral passes followed by forwards, and forwards followed by laterals.

While a large number of Southern teams are using the Notre Dame formation, this type of offense is by no means exclusive within the area. As in other parts of the country, the punt formation, the double wing-back and single wing-back formations are also popular.

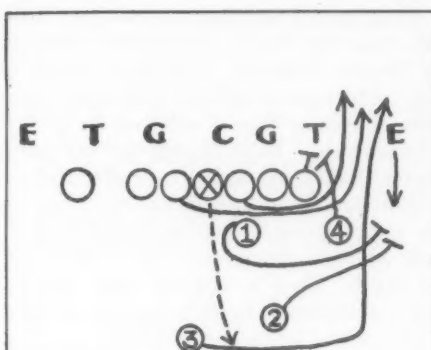
Some teams are using a seven-man line on defense, but liberal use of the pass has in most instances necessitated five men being brought into the backfield.

The University of Tennessee, coached by R. R. Neyland, uses the formation shown in Diagram S-1 for runs, passes and quick-kicks. The quarterback handles the ball on a great many plays. No. 3 is 5 yards behind the line, and 2 is 4½ yards back. A well-developed attack from punt formation is also used. The back farthest to the rear may line up within 5 yards of center, or as deep as 11 yards behind center.

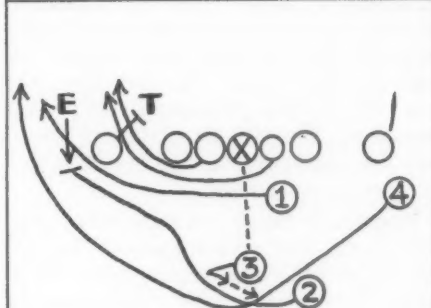
In the Tennessee play shown in Diagram S-1, the quarterback, No. 1, fakes to take the ball, pivots and blocks the defensive left end out, teaming with 2. Back 4 and the right end team on the tackle opposite them. Back 3 takes the ball off tackle, the two guards running interference for him. He may go straight down or cut to the right after crossing the line of scrimmage.

Tennessee usually has a fine defensive team. A six-man line is used a great deal. The center plays on the weak side and the fullback on the strong side. The center and fullback vary their positions. At times the center is three yards back of the line and the fullback 4 yards back; at other times they play almost in the line. Two backs play directly back of the ends, their distance from the line varying with the tactical situation. The safety man plays back of center, his distance from the line also varying with the tactical situation.

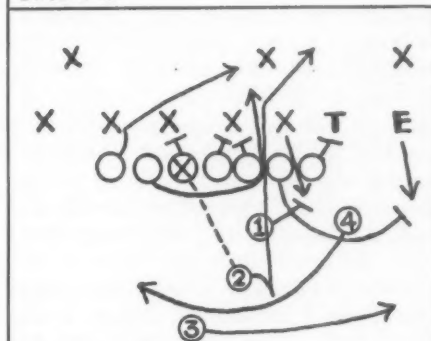
Alabama Polytechnic Institute at Auburn, coached by Chet Wynne, lines up with the backfield in T formation. From this, the shift may be either right or left. The flank back may line up behind, inside,



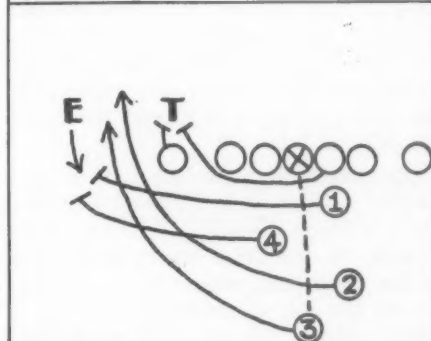
DIAG. S-1



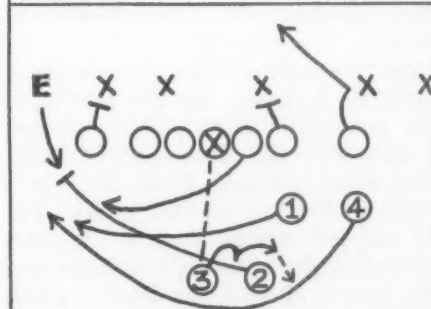
DIAG. S-2



DIAG. S-3



DIAG. S-4



DIAG. S-5

or outside his end. The fullback lines up even with or a little deeper than the deep halfback. Diagram S-2 shows the flank back outside his end and the fullback slightly deeper than the deep back.

In the Auburn play illustrated by Diagram S-2, the ball is passed to 3, who fakes to the fullback, 2, and then passes the ball to the right half, 4, who runs wide around the defensive right end. The fullback, 2, turns the defensive right end in. The left end turns the defensive right tackle in. The two guards pull out to run interference.

The Auburn defense is for the most part a seven-man line and a box in the backfield.

Diagram S-3 shows a play used by Louisiana State University, which is coached by Captain L. McC. Jones. Back 2, with the ball, half spins, fakes to back 4 running to the left and back 3 running to the right, and plunges into the line preceded by a lineman from the short side. The long-side tackle pulls out of the line and blocks the defensive left end. This allows the defensive left guard to charge through. He is blocked out of the play by back 1. The right guard and the shifted guard or tackle team on the opposing lineman.

Vanderbilt University, coached by Dan E. McGugin, is using the short punt formation with a man under center for split backs. Sometimes this man comes out in motion. When he does, he blocks either inside on tackle or out on end. Occasionally, he goes out and takes a set position outside of tackle. This man is difficult to cope with because the opposing team does not know his first move.

Diagram S-4 shows a Vanderbilt off-tackle play. The defensive right end is blocked out by 4 and by 1, the man under center. The right guard and the left end take the defensive right tackle. Back 3 carries the ball off tackle with 2 as interferer.

The Rice Institute team, coached by Jack Meagher, is using the Notre Dame shift, going from T formation either right or left. Diagram S-5 shows a play to the weak side. The ball goes to 3, who fakes to 2 but passes to 4. Back 4 goes wide around defensive right end, with the right guard and 1 as interferers. Back 2 takes the defensive right end, and the left end blocks the opposing tackle in.

Centenary College of Louisiana is using the short-kick formation. The team is coached by Homer H. Norton and Curtis Parker. Diagram S-6 illustrates a Centenary play that has been used successfully this year. Backs 1 and 4 block the defensive left end out. The right end and the right guard team on the defensive left tackle. The left end comes around to his right and takes a short pass behind the line from 3, who has faded back. The left end then goes between tackle and end, preceded by 2 and the left guard.

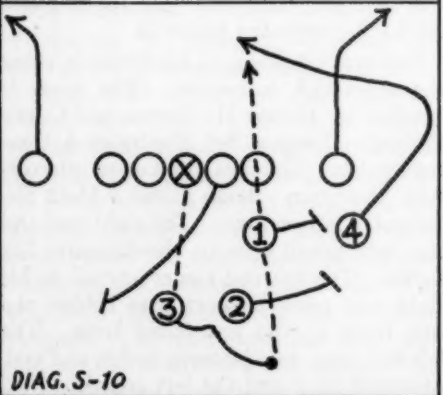
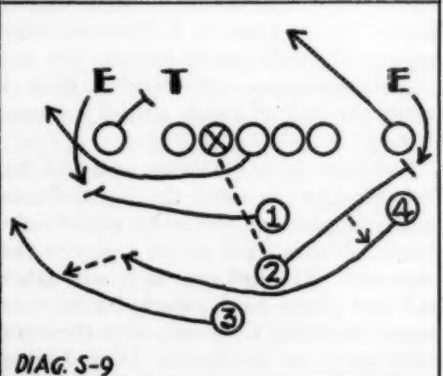
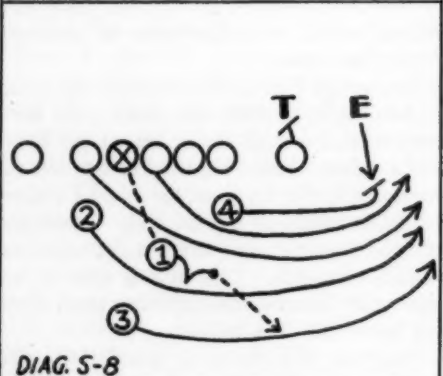
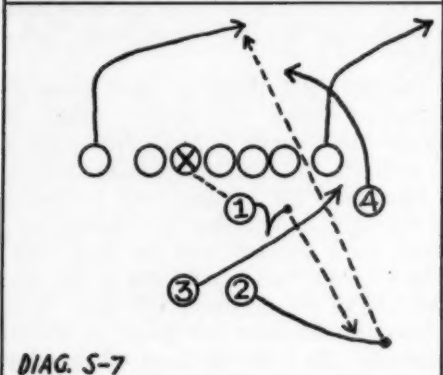
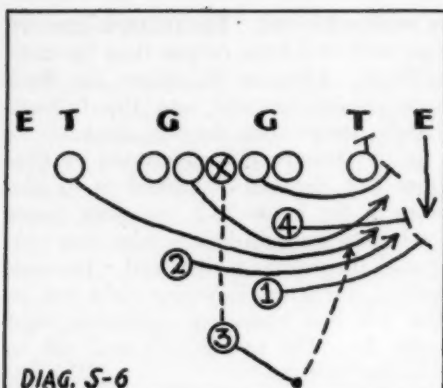


Diagram S-7 illustrates a pass play used this year by Baylor University, coached by Morley Jennings. This play, which is run from single wing-back formation, consists of a short lateral followed by a long forward pass. Back 1 takes the ball from center, half spins, fakes to 3 and throws a short lateral to 2, who has run back to his right. Back 2 then passes to the left end, who has gone down deep and cut to his right. Back 4 and the right end go down as indicated to be in position to take a pass if the left end is covered.

The strong team from the University of Arkansas, under Fred C. Thomsen, takes up a preliminary formation with unbalanced line, the four backs abreast behind the line. From this formation, the men shift into the positions shown in Diagram S-8. The ends are split away 1 yard and the fullback, 3, is 5½ yards behind the line of scrimmage.

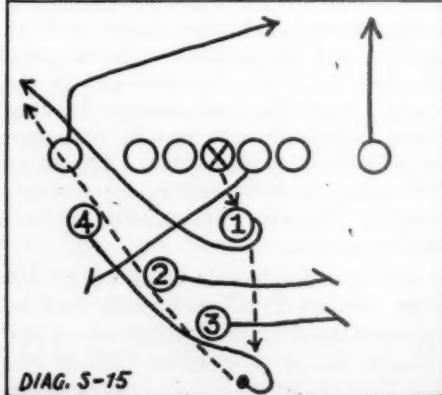
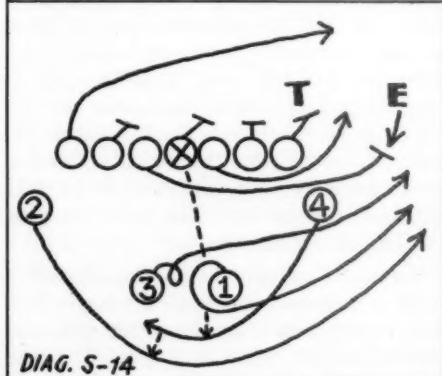
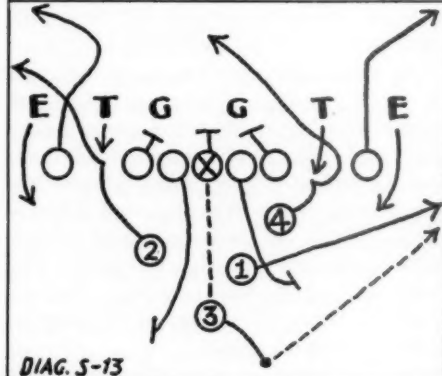
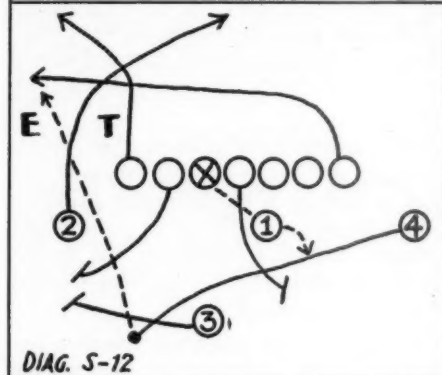
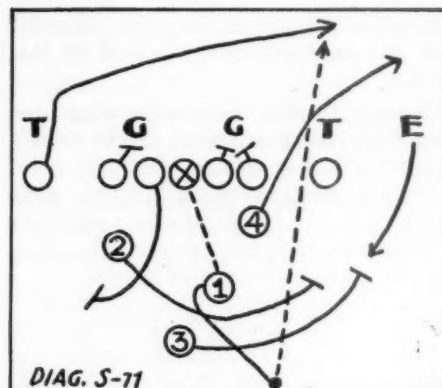
Diagram S-8 is an Arkansas lateral pass behind the line of scrimmage. Back 1 takes the ball from center, fakes to 2, going to the right, and passes laterally to 3, who has run to the right. Back 3 goes wide around end, the two linemen on either side of center and 2 running interference for him. Back 4 blocks the opposing left end. The right end turns the opposing tackle in.

Tulane University, coached by Ted Cox, goes into a preliminary formation before shifting into the formation shown in Diagram S-9. In the play shown in this diagram, 2 takes the ball from center, starts to his right and hands the ball to 4, who is running to the left. Back 4 then passes laterally to 3 behind the line of scrimmage. Back 3 runs wide around end, one of the guards pulling out to run interference. The left end turns the opposing tackle in, and 1 takes care of the defensive right end. The right end goes through for the secondary, and 2, after passing the ball to 4, goes on to block out the defensive left end.

Diagram S-10 illustrates a pass play used by the University of North Carolina, which is coached by C. C. Collins. Back 3 takes the ball from center, fades back to his right and passes to 4, who has crossed the line of scrimmage and cut in behind center. The two ends go straight down deep and cut out. Protection is given the passer by 1, 2 and the right guard.

The University of South Carolina, under Coach W. L. Laval, has this year made long gains with the pass play illustrated in Diagram S-11. Back 1 gets the pass from center and fades deep. He is protected by 2, 3 and the left guard. The left end goes straight down a few yards and then angles to the right, taking a long pass from 1. Back 4 goes down as a possible receiver or to take out the secondary.

Texas A. & M., coached by Madison Bell, has this year used the pass play illus-



trated in Diagram S-12. Back 4 is a left-handed passer. The ball goes to back 1, who half spins and passes to 4, running to the left. No. 4 fades back and, protected by two linemen and 3, passes to the right end, who has crossed over to the opposite side behind the other team's line. Back 2 and the left end go down for a possible pass to one of them. They take the routes indicated in the diagram.

The University of Alabama, coached by Frank W. Thomas, employs the Notre Dame shift.

Oglethorpe University, under the direction of Harry Robertson, uses the pass play illustrated in Diagram S-13. Back 3, taking the ball from center, delays his pass until 1 has run far out in the flat zone. The right end goes out to act as interferer for 1 or to receive a pass. Backs 2 and 4 momentarily check the tackles on their respective sides of the line before going down as possible pass receivers. The tackles block the guards opposite them. The two guards drop back to protect 3, the passer.

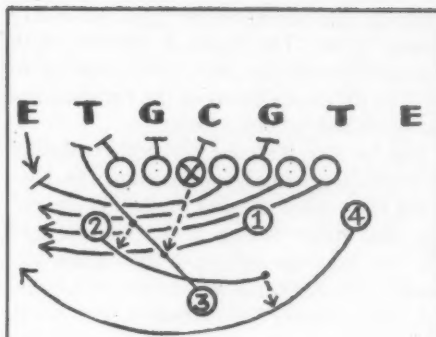
Diagram S-14 illustrates a play used by Stetson University, coached by H. R. McQuillan. Either 1 or 3 may receive the ball from center. Both then turn to the inside and face with their backs to the line. In the play as diagramed, 1 receives the ball from center, turns to the inside and faces away from the line. He gives the ball to 4, running back and to the left. Back 4 in turn gives the ball to 2, running to the right. Back 3, after turning to the inside and facing away from the line, joins the interference for 2, who runs wide around defensive left end. The two guards and No. 1 also act as interferers or take out the defensive left end and tackle.

The University of Florida, coached by Dutch Stanley, uses the Notre Dame offense. Diagram S-15 shows a pass play. No. 4 walks slowly back and toward the weak side. No. 1, getting the ball from center, passes laterally or backward to 4, who fades back and passes to 1 in the flat zone. Backs 2 and 3 protect to the right, and the right guard drops back to protect to the left. The two ends go down as possible pass receivers.

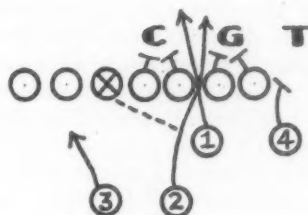
The East

EASTERN college teams, like those in other parts of the United States, are using the four standard basic formations and variations of these. The short punt formation, however, seems to be less popular than in other sections of the country.

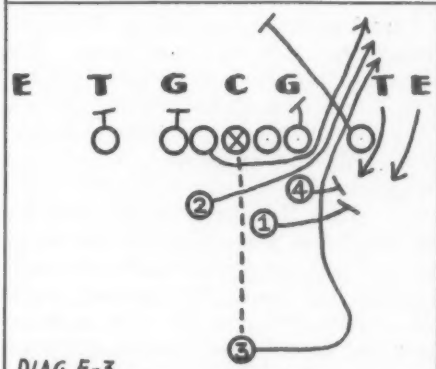
Spinners and reverses are a regular part of the offense of certain teams. The lateral pass, so successfully used this year in the South, Middle West and Far West, has not been so widely adopted by Eastern teams, although a number of coaches are using it effectively. Another year may



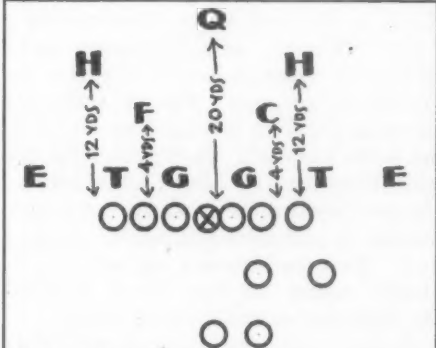
DIAG. E-1



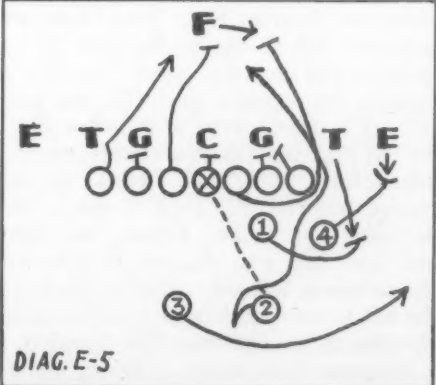
DIAG. E-2



DIAG. E-3



DIAG. E-4



DIAG. E-5

witness more general and more effective use of this play in the East.

Coach Glenn S. "Pop" Warner celebrated his return to the East, after an absence of a number of years while he was on the Pacific Coast, by the 26 to 0 victory of his Temple University team over the University of South Carolina. Warner's offense this year is for the most part based upon spinners, double spinners and fake reverses. The Temple team uses a huddle and from that the players come into their first position. In this, nine men line up one yard back of the center, with a half at each end of the line. The full-back is four yards back of the center. From this position, the players shift into a double wing-back offense, usually strong right or strong left. Occasionally the backs shift left and the line shifts right.

Diagram E-1 shows a Temple reverse play. Back 3 takes the ball from center, starts to his left, hands the ball to 2, traveling to his right, and 2 in turn hands the ball to 4 for a wide end run on the short side. Back 3 continues in the direction in which he started and helps the left end block the tackle opposite the short side. The lineman to the right of center turns the defensive right end in. The right end, the right tackle and 1 form interference for 4.

Temple's best defense seems to be the 6-2-2-1.

Swarthmore College is coached by George R. Pfann, former Cornell University star. The offensive closely resembles that used by Cornell. The favorite defense is a seven-man line and a box in the backfield.

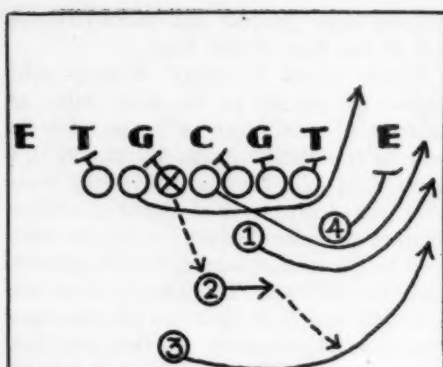
One of Swarthmore's best ground gaining plays is found in Diagram E-2. Back 2 picks up the ball on the run and plunges into the line between defensive left guard and center, preceded by 1. Two Swarthmore linemen double team on each of these opposing linemen, as indicated in the diagram.

Lehigh University, with A. Austin Tate as head coach, uses a double wing-back formation as its principal offense, but also runs many plays from punt formation.

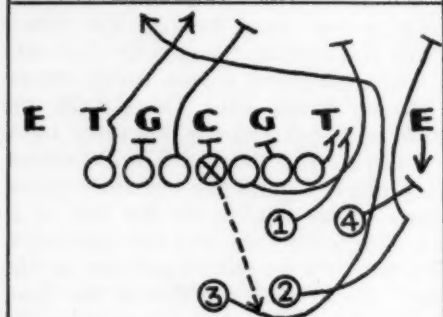
One of Lehigh's plays from punt formation is shown in Diagram E-3. Back 3 takes the ball from center, runs wide to his right and then cuts sharply in, going inside of defensive left tackle. Backs 1 and 4 block the defensive left tackle after he has charged deep across the line of scrimmage. The right end allows the tackle to charge by him and goes through for the defensive fullback. The right tackle turns the defensive guard in. The left guard and 2 form interference for 3.

Lehigh's defense is usually a 6-2-2-1. As this differs in some respects from that used by other Eastern colleges, it is shown in Diagram E-4.

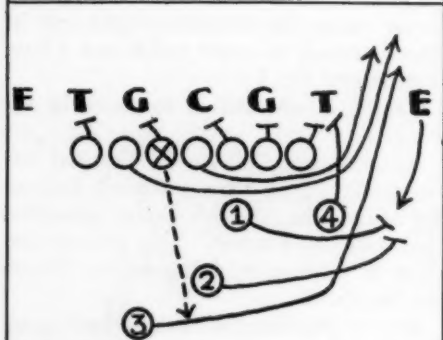
At Rutgers University, J. Wilder Tarker is assisted by two Notre Dame men, Thomas F. Kenneally and Arthur A.



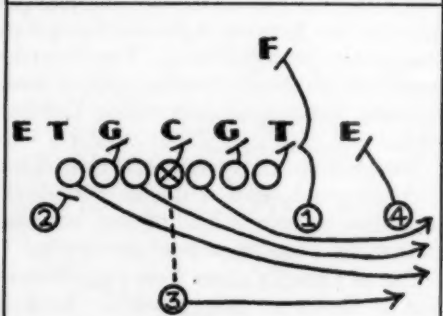
DIAG. E-6



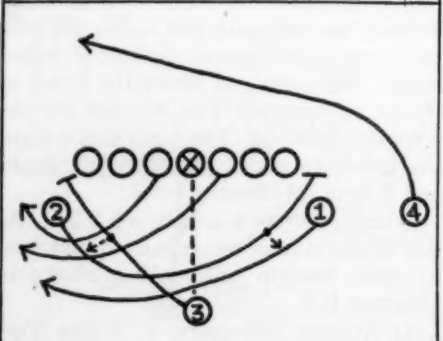
DIAG. E-7



DIAG. E-8



DIAG. E-9



DIAG. E-10

Matsu. The offense is strictly of the Notre Dame type. The team is favored with strong reserves this year, there seeming to be little difference between the regulars and the so-called "shock troops."

One of the Rutgers plays that usually succeeds in an emergency is shown in Diagram E-5. Back 2 takes the ball from center, half spins, faking to 3, and hits into the line between defensive left tackle and guard. Back 4 turns the defensive left end out and 1 blocks the defensive left tackle. The right guard precedes 2 through the line, taking out the fullback if the left guard, smashing straight through, has not already done so. The left end checks the opposing tackle and goes down for the secondary. The right end and tackle double team on the defensive guard opposite.

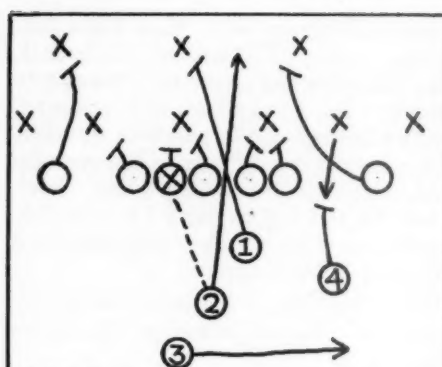
The lateral pass shown in Diagram E-6 is used at the University of Delaware, coached by Charlie Rogers. This play has been used for good gains by Delaware. The ball is passed to 2, who in turn passes it to 3, running wide to his right. Back 4 turns the opposing left end in. The right end blocks the defensive left tackle. The two linemen on either side of center and 1 form interference for 3.

Drexel Institute, coached by Walter H. Halas, uses the Notre Dame system. The off-tackle play shown in Diagram E-7 has been a consistent ground gainer. Back 3 takes the ball from center while in motion to his right and drives off tackle, cutting to his left after crossing the line of scrimmage. Back 2 helps 4 on the defensive left end before going down for the secondary. The right guard runs interference. The left end checks the opposing tackle before going down to join 3 as an interferer, and the left guard goes straight down for one of the defensive backs. Back 1 helps the right end on the opposing tackle.

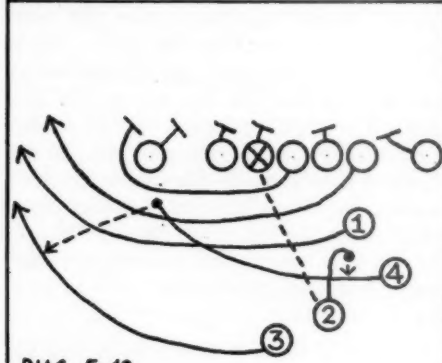
The University of Pennsylvania under Harvey A. Harman seems to prefer the Warner A formation. The off-tackle play shown in Diagram E-8 has been a consistent gainer for Penn. Back 3 takes the ball while in motion and follows his interferers, the two linemen on either side of center, outside the defensive left tackle. Backs 1 and 2 block the defensive end out after he charges across the line. Back 4 assists the right end on the opposing tackle.

Brown University, coached by D. O. McLaughry, is using the sweeping end run shown in Diagram E-9. Two backs are stationed out on the strong side, No. 1 flanking the opposing tackle and No. 4 flanking the opposing end. The ball goes to back 3, who sweeps wide to his right, his left end and the two guards running interference. Wing-back 4 blocks the defensive left end in. Back 1 checks the defensive left tackle, helping his right end, and then goes through to take out the defensive fullback. Back 2 blocks to the left to prevent defensive players from charging in too fast from this direction.

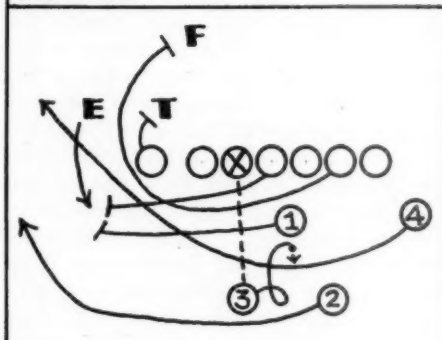
Diagram E-10 shows a Brown double



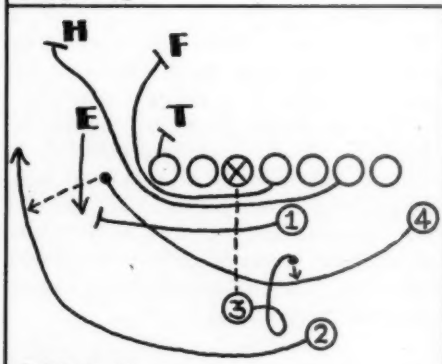
DIAG. E-11



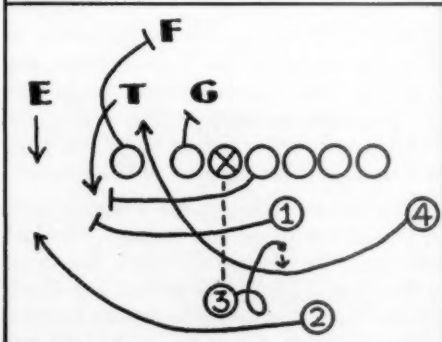
DIAG. E-12



DIAG. E-13



DIAG. E-14



DIAG. E-15

reverse from the same formation as that illustrated in Diagram E-9. The ball goes to 3, who starts to the weak side and passes to 2, going to the right. No. 1 delays and receives the ball from 2 directly behind his right end. He then runs out around left end, the two guards pulling out of the line to run interference. No. 3, after handing the ball to 2, goes on to help block the defense in. Back 4 goes directly across for the secondary, as shown in the diagram.

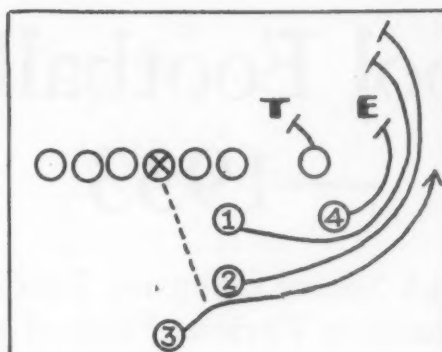
Princeton University, coached by H. O. Crisler, is using a line buck as shown in Diagram E-11. Back 3 fakes to the right. The ball goes to 2, who hits into the line between the two guards. The guards block to the outside, assisted by the linemen next to them. Back 1 precedes 2 through the line and takes the defensive center or fullback. The two ends go through for secondary defensive players. Back 4 blocks to the front, to keep the defensive tackle or end opposite from stopping the play.

Diagram E-12 shows a Princeton spinner followed by a lateral pass to the short side. Back 2 receives the ball, half spins and gives it to 4, running to the short side. Back 4 runs wide and passes laterally to 3 behind the line of scrimmage. The right tackle and back 1 act as interferers. The shifted lineman comes around to help the left end turn the defensive in.

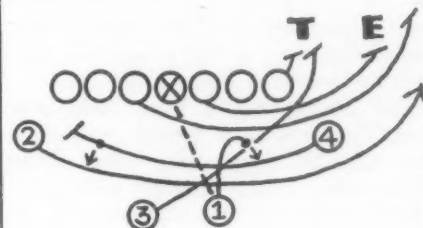
Columbia University, under Coach Lou Little, makes good use of spinner and reverse plays to the short side. Diagram E-13 demonstrates Little's use of the spin-and-a-half and the reverse. Back 3 receives the ball and makes a full spin, faking to 2. He then half spins and gives the ball to 4 who runs off tackle. No. 4 is preceded by the right tackle, who takes the defensive fullback. The shifted lineman and 1 block the defensive right end out. The left end blocks the defensive right tackle in.

Diagram E-14 shows a Columbia spin-and-a-half followed by a lateral behind the line of scrimmage. This may serve as a check for the play explained above. Back 3 takes the ball, makes a full spin, faking to 2, makes a half spin and passes to 4. Back 4 runs wide and passes laterally to 2, who has run wide, as he did in the play shown in Diagram E-13. Back 1 blocks the defensive right end. The shifted lineman and the right tackle come around to take out the defensive right halfback and the fullback. The left end blocks the defensive right tackle in.

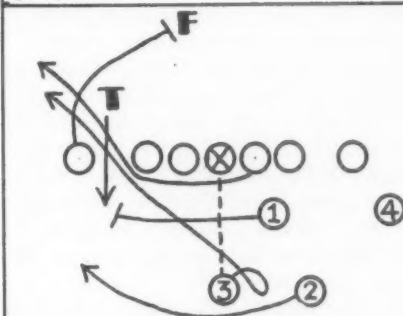
Diagram E-15 shows the same Columbia set-up as in the two previous diagrams. The play diagramed here is a drive inside tackle, following the spin-and-a-half. Back 3 takes the ball and spins, faking to 2. He half spins and hands the ball to 4, who goes inside of tackle on the short side. The shifted lineman and back 1 block out the defensive right tackle, who is allowed



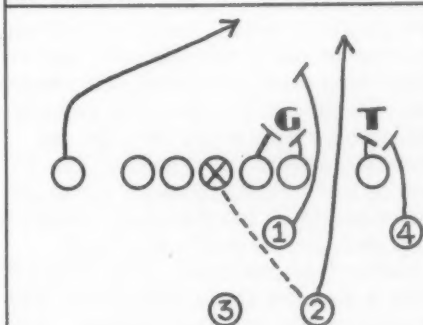
DIAG. E-16



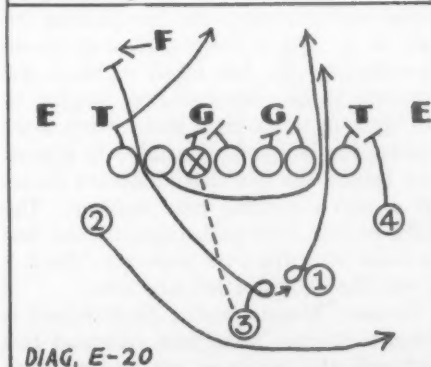
DIAG. E-17



DIAG. E-18



DIAG. E-19



DIAG. E-20

to charge across the line. The left end goes through for the fullback. The left tackle turns the opposing lineman in, as shown in the diagram.

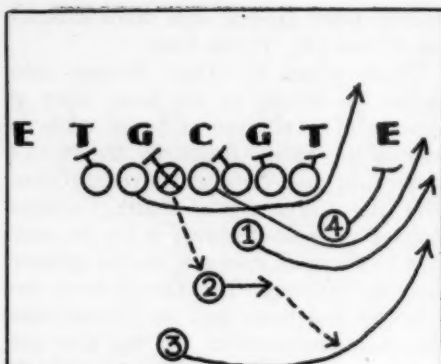
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Diagram E-17 shows a Dartmouth reverse from double wing-back, balanced line. The ball goes to 1, who half spins and passes to 4. Back 4 runs to the left and hands the ball to 2, going to the right. No. 2 goes wide around defensive left end. Back 4, after passing the ball, blocks to the left. The two guards and 3 run interference, the right tackle taking the defensive left end, and 3 helping the right end with the defensive left tackle, if necessary.

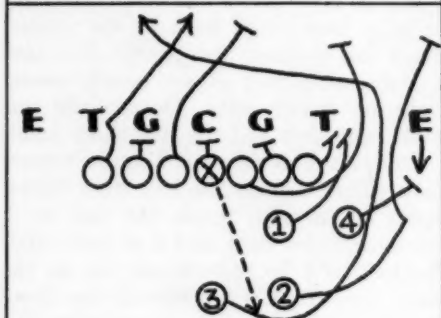
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Diagram E-19 shows a Yale play which is a direct fullback drive inside the tackle on the strong side. The right end and 4 team on the defensive left tackle. The right guard and tackle team on the guard opposite. No. 1 leads 2, with the ball, through the hole. The left end goes through and across for the secondary.

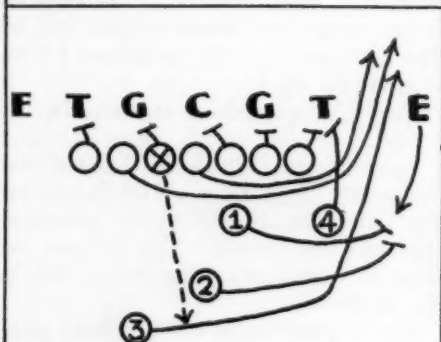
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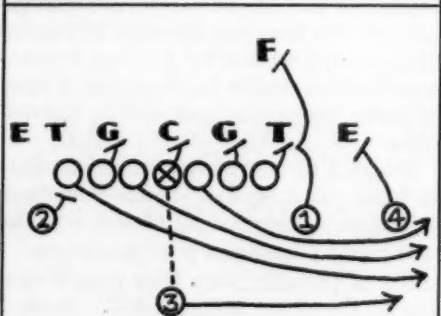
DIAG. E-6



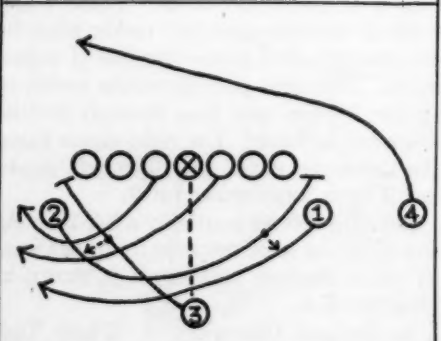
DIAG. E-7



DIAG. E-8



DIAG. E-9



DIAG. E-10

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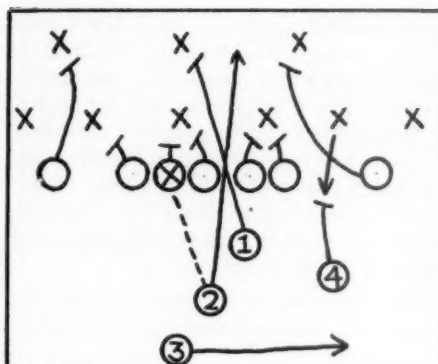
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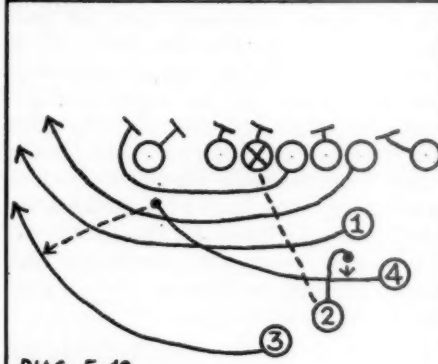
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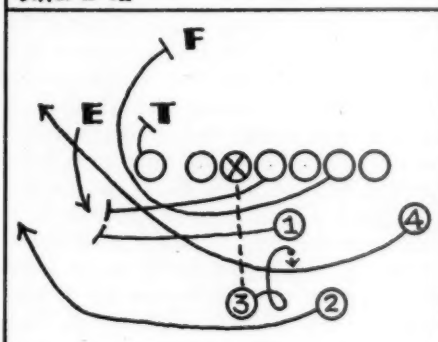
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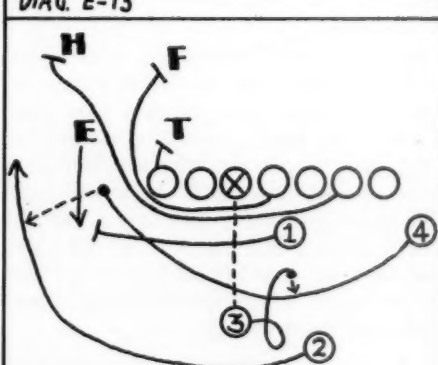
DIAG. E-11



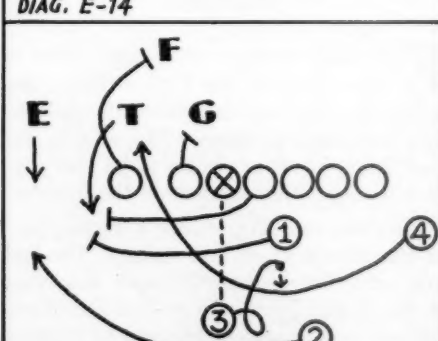
DIAG. E-12



DIAG. E-13



DIAG. E-14



DIAG. E-15

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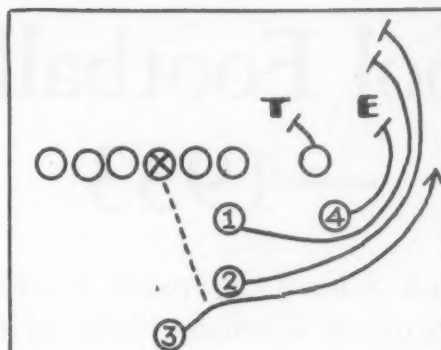
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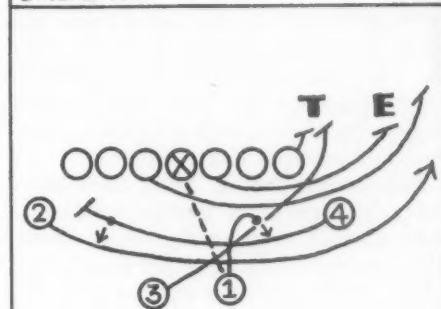
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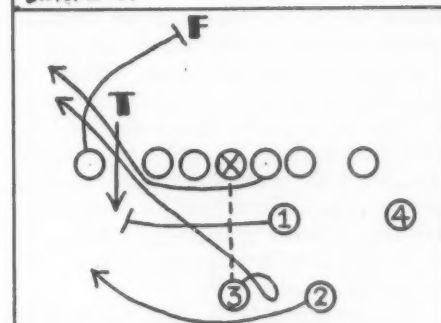
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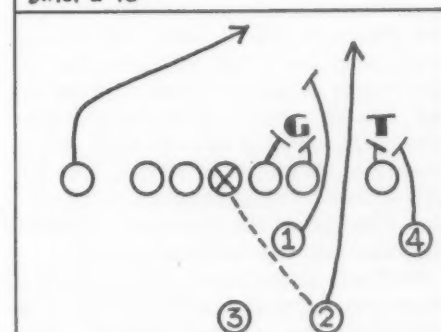
DIAG. E-16



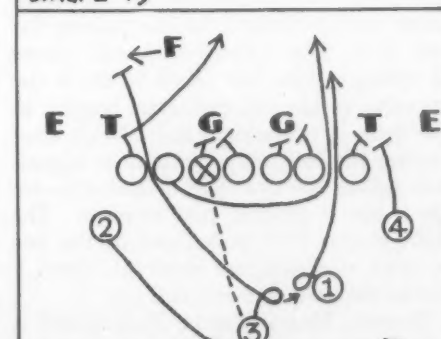
DIAG. E-17



DIAG. E-18



DIAG. E-19



DIAG. E-20

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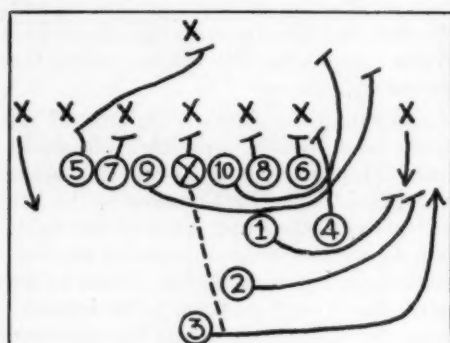
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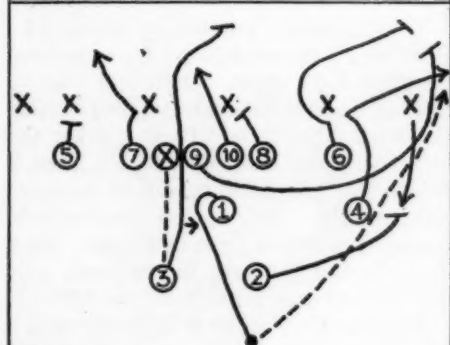
High School Football Offenses

—1933

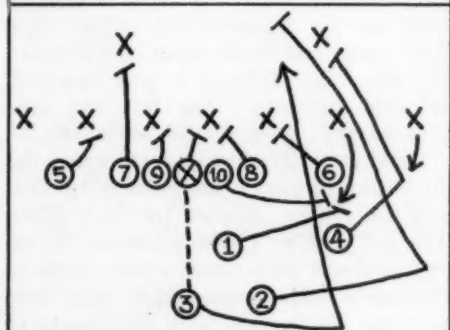
A Survey of the Year's High School Offensive Tactics, Illustrated with Plays Being Used by Teams in Various Parts of the United States



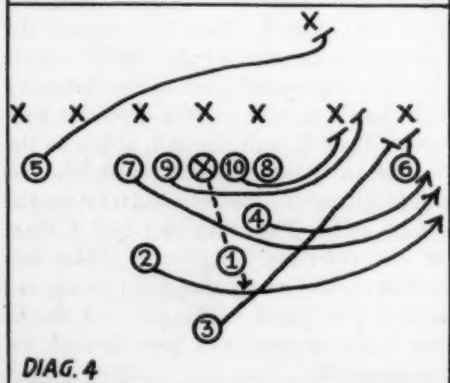
DIAG. 1



DIAG. 2



DIAG. 3



DIAG. 4

FOOTBALL in the high schools, like that in the colleges, tends this year toward standardization. Formations are confined for the most part to four: single wing-back, double wing-back, short punt and so-called Notre Dame.

The lateral pass is being used effectively, perhaps to a greater extent and more daringly than among college teams. There seems to be a tendency among high school coaches to take chances with the lateral in the hope that long gains will result.

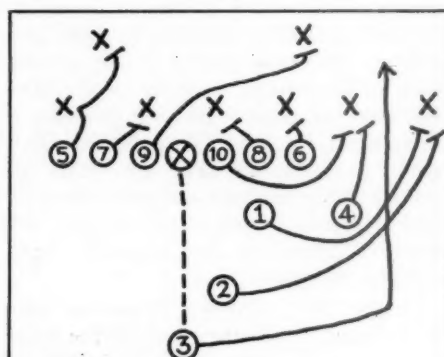
The plays diagramed here are being employed this year by outstanding teams in various sections of the United States.

Among the Eastern high schools, as elsewhere, the single and double wing-back, the Rockne or Notre Dame shift and the short punt formation seem to be the most popular. The number of plays used is, for the most part, limited to a comparative few, coaches preferring to bring the plays they give their squads as near perfection as possible.

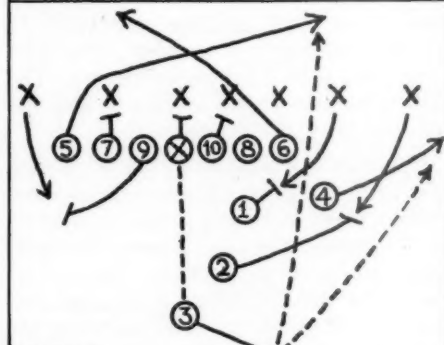
The play shown in Diagram 1 is used by Newton, Massachusetts, High School. It is an end run from single wing-back formation. Note that the line is balanced. The two guards, 9 and 10, come out and run interference for 3, who takes the ball directly from center and runs wide around end. Backs 1 and 2 block the defensive left end in. Back 4 and the right end, 6, block the defensive left tackle. The left end, 5, feints at the opposing tackle and goes through for the secondary. Newton High also uses the double wing-back.

Medford, Massachusetts, High School is using a modified Rockne formation, with unbalanced line and ends shifting. Diagram 2 shows one of Medford's strong pass plays. No. 3 receives the ball from center and starts into the line, passing the ball to 1. No. 1 fades back and passes to either 4, who has faked to block the opposing tackle and then gone out flat to the right, or to the right end. No. 3, after passing the ball to 1, continues to a position behind the two close defensive backs. He is also a possible pass receiver. The right guard, 9, is pulled out of the line to block after the pass is caught. Back 2 blocks the defensive left end out.

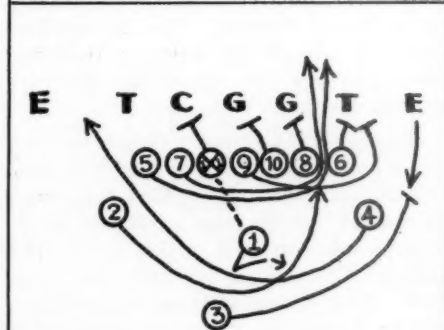
Everett, Massachusetts, High School is using a Rockne shift with balanced line and ends shifting in or out, according to



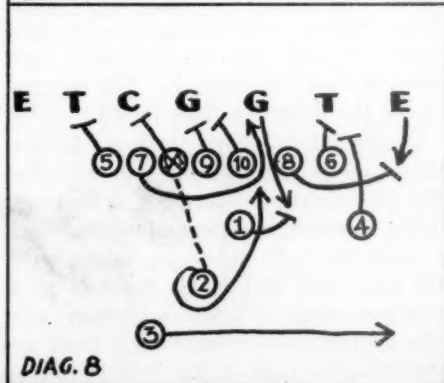
DIAG. 5



DIAG. 6



DIAG. 7



DIAG. 8

the play. The cut-back play shown in Diagram 3 is very popular with this team and has been one of its best ground gainers. No. 3 receives the ball from center and starts wide to his right, cutting back over guard. Back 2 also starts wide to the right and cuts back, preceding 3 through the line. The right guard, 10, and 1 block the defensive left tackle out. The right end blocks the defensive left guard. The right tackle and center team on the opposing center. Back 4 starts to the right and cuts back to take out the secondary, after faking at the opposing end charging in.

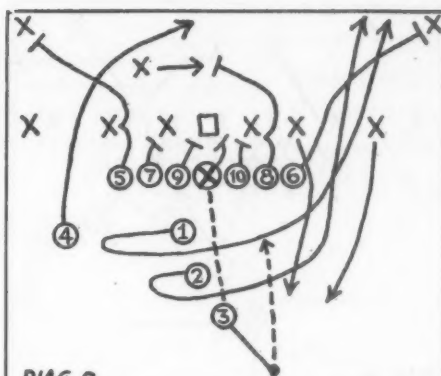
The sweeping end run shown in Diagram 4 has been used this year by the Cambridge, Massachusetts, Latin School with some degree of success. With 5 and 6, the ends, out 3 yards to spread the defense, 1 receives the ball from center, pivots and passes to 2, who follows 4 and the left tackle, 7, wide around his own right end. The right end, 6, and 3 take out the opposing end. The two guards, 9 and 10, team on the defensive left tackle.

Watertown, Massachusetts, High School is using a single wing-back formation with a balanced line. An off-tackle play is shown in Diagram 5. Backs 1 and 2 take out the defensive left end. The right guard, 10, and 4 take the defensive left tackle in. The left guard, 9, goes through for the secondary. The left end, 5, feints at the opposing tackle and goes through for the secondary. Back 3 takes the ball direct from center and goes through off tackle, cutting back after starting wide to the right.

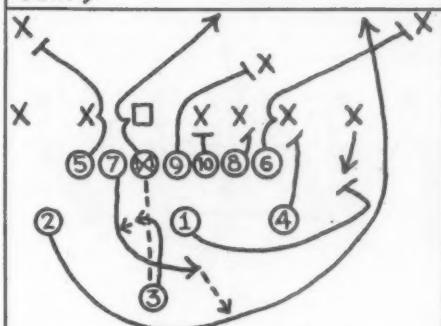
A Watertown pass play is shown in Diagram 6. Both ends cross, with 4 going flat to the right. The pass is made usually to the left end, 5, or to 4. Backs 1 and 2, and the left guard, 9, give the passer protection.

Diagram 7 illustrates a play used by a Western Pennsylvania high school. This is a good play to use in a series of plays in which 4 has been taking the ball from 1 and hitting to the left or weak side. In the play shown in Diagram 7, back 4 runs to the left and fakes to take the ball from 1, who has received it from center. Back 4 continues to the left, as he has done on previous plays. Back 2 runs to the right, takes the ball from 1 and hits inside the strong-side tackle. The short-side end and tackle, 5 and 7, come around as interferers. Back 3 blocks the defensive left end out. The center, 11, blocks the opposing defensive center to the left. Lineman 9 pulls out and helps 6 block the defensive left tackle out. Linemen 8 and 10 block defensive guards to the left. Back 4 must be a good actor to make this play succeed. If 1, after faking to 4, takes one step backward with his back to the line, he makes it easier for 2 to hit inside defensive tackle.

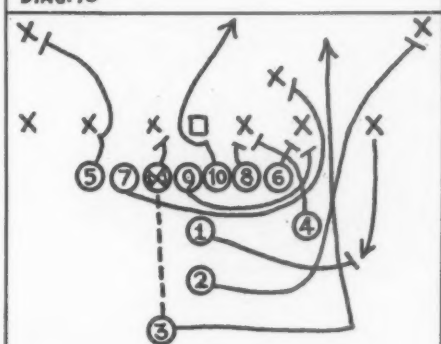
A Western Pennsylvania high school is successfully using the play shown in Dia-



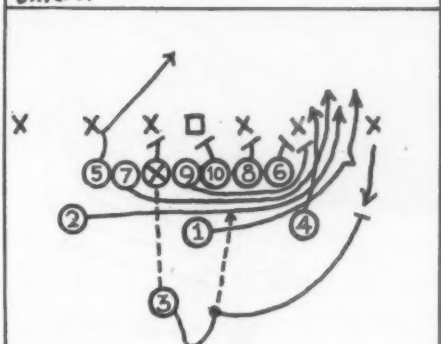
DIAG. 9



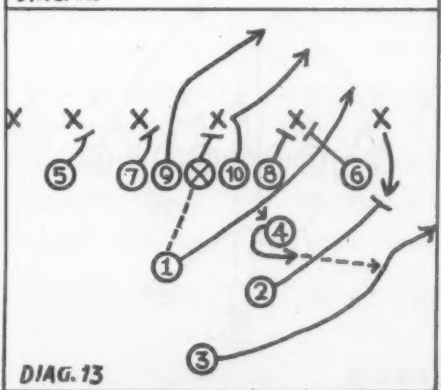
DIAG. 10



DIAG. 11



DIAG. 12



DIAG. 13

gram 8. This is most effective when used in sequence with a series of single wing-back plays based on power. The play attempts to take advantage of a fast charging opposing lineman, in this instance the defensive left guard. Back 2 gets the ball from center, fakes giving it to 3 and then hits between defensive guards, using 7, his left tackle, as interferer. Back 3 fakes taking the ball from 2 and runs wide to his right. Back 1 delays and then blocks the hard charging defensive guard. This lineman has come through a hole left by 8, who has pulled out of the line and blocked the defensive left end. Back 4 helps 6 block the defensive left tackle to the right. The left end, 5, blocks the defensive left tackle to the left. The center, 11, blocks the defensive center or guard to the left. Linemen 9 and 10 block the opposing lineman to the left.

Struthers, Ohio, High School is noted for its exceptional passing attack. To prevent the opposing tackles rushing the passer, Struthers uses the shuttle pass play from single wing-back illustrated in Diagram 9. This play has scored fourteen touchdowns in three years. Back 4 goes straight down the field for the safety man. Back 1 takes three steps to the left and then comes back to the right at full speed and receives an underhand forward pass from 3. Back 2 takes two steps to the left and then comes back to the right at full speed to lead the interference. Back 3 receives the ball and fakes a forward pass, with the ball raised high above his head. Then he throws it underhand to 1, as indicated in the diagram. The defensive left tackle and end are allowed to charge through, which leaves open the entire left side of the defensive line. The right end goes down for the secondary. The right tackle, 8, helps the right guard with the opposing guard and then goes through for the defensive fullback. The left end checks the opposing tackle and then goes down for the secondary. The other assignments are as shown.

Garfield High School of Akron, Ohio, uses a lateral pass from the double wing-back in which a guard is brought back to do the passing. This play is usually employed after the guard has carried the ball on a reverse for a few times. It works well against a smashing end.

Diagram 10 shows the details of this play. The ball is passed to 3, who drives toward the line and hands the ball out with his left hand to the weak-side guard. This guard, 7, pulls back, starts on a reverse and then push passes laterally out wide to 2, who is running around to the right. Back 4 checks the defensive left tackle, and 1 turns the defensive left end in from the outside. The right end feints at the tackle opposite and goes down for the defensive left halfback. The center, 11, checks the man opposite him and then goes down for the safety. Other blocking assignments are shown in Diagram 10.

Warren, Ohio, High School is using the cut-back play shown in Diagram 11 when the strong-side tackle is playing wide, trying to stop off-tackle plays. The wing-back cross-checks on the guard opposite.

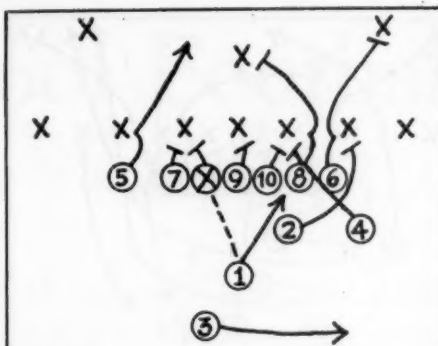
In Diagram 11, back 4 cross-checks on the defensive left guard. Back 1 takes care of the defensive left end alone. Back 2 leads the play through the hole and takes out the defensive left halfback. Back 3 receives the ball from center and takes steps as though he were going wide; then he cuts back outside the defensive left tackle as shown in the diagram. The blocking assignments of the linemen are as shown in the diagram. Lineman 7 comes around for the defensive fullback. The right end, 6, and 9 team on the defensive left tackle. Lineman 8 helps back 4 with the defensive left guard. Nos. 5 and 10 check the men opposite and then go down for the secondary.

In Northern Illinois, the high school teams are holding closely to the standard formations and plays. The largest percentage are using the single wing-back. Next in popularity comes the double wing-back. This is followed by the short punt formation and the Notre Dame style of play.

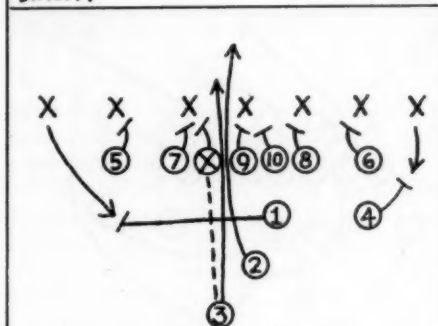
A large number of the larger schools in this section of the country have for the past few years been sponsoring B teams and spring football. The result has been a better type of football. Three plays which have been the chief ground-gainers for teams in this section are shown in Diagrams 12, 13 and 14.

Rockford, Illinois, High School, coached by Art Lundahl, has used the shovel pass play from a double wing-back formation shown in Diagram 12. Back 3 receives the ball from center, raises it above his head as if to pass, and goes to the right, throwing an underhand pass to 2, who goes either inside or outside of tackle. The diagram shows 2 as going off tackle. Back 1 fakes at the left end and goes down for the secondary. Back 3, after passing to 2, goes out to block the defensive left end. Linemen 7 and 9 pull out of the line to help 6 on the defensive tackle or to run interference for 2. The left end checks the tackle opposite and goes down for the secondary.

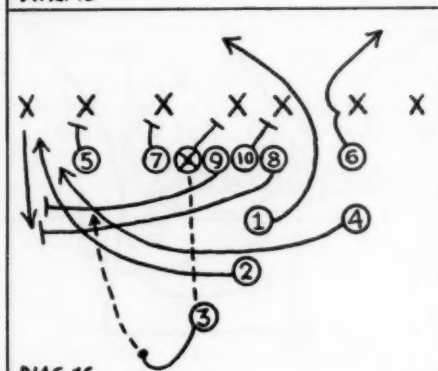
At Elgin, Illinois, High School, coached by Clifton E. Adams, the play shown in Diagram 13 has been a good ground-gainer. This play is from punt formation, and includes a fade in toward the line and a lateral to the man in the kicking position. Back 1 receives the ball from center and drives in toward the line behind his right tackle. He gives the ball to 4, who makes a basketball pivot and a two-handed, underhand pass to 3, who is running wide to the right. Back 2 blocks the defensive left end, who has stopped to be in position to tackle 1. The two guards, 9 and 10, go through for the secondary;



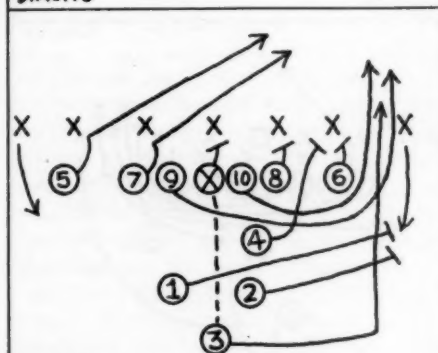
DIAG. 14



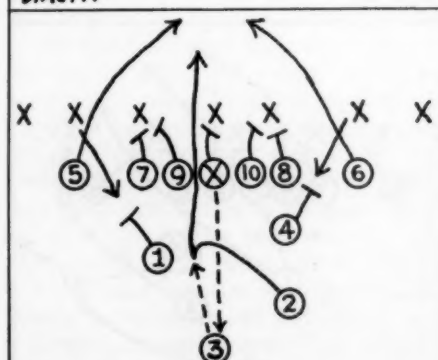
DIAG. 15



DIAG. 16



DIAG. 17



DIAG. 18

6 and 8 team on the tackle opposite. Back 3 carries the ball wide around end.

Waukegan, Illinois, High School, coached by M. E. Wilson, has for a number of years had success with the line play shown in Diagram 14. This is a play to the strong side of an unbalanced line from a single wing-back formation. The play goes inside of tackle.

In Diagram 14, back 3 breaks out to the right just a little before the ball is snapped. Back 1 takes the ball from center and goes between his outside tackle and end. Back 4 cross-blocks on the defensive left guard with the help of the inside tackle, 10. Back 2 blocks the defensive left tackle. The outside tackle, 8, checks the opposing guard and blocks the fullback. The strong-side end, 6, checks the opposing tackle just long enough for the blocking back, No. 2, to block the tackle out and then he blocks the defensive left halfback.

Diagrams 15 through 18 illustrate the types of plays being used by Florida high school teams.

Diagram 15 represents a power play from single wing-back formation, unbalanced line. Back 3 takes the ball from center and hits into the line between his own center and guard, preceded by back 2. Backs 1 and 4 block the ends out. The linemen block as shown. Note that 7 teams with the center, and 9 teams with 10 on the opposing linemen between whom the play goes.

A pass play from single wing-back formation, unbalanced line is shown in Diagram 16. Back 3 takes the ball and fades back to his left, the short side. The left end takes the tackle in. Linemen 8 and 9 pull out and block the right defensive end out. Back 1 and the right end go down as possible pass receivers or decoys, the end first checking the tackle opposite. Back 2 runs interference for 4, who receives a short forward pass behind the line of scrimmage and runs off tackle. Blocking assignments of the linemen are as shown in the diagram.

Diagram 17 illustrates a strong play from punt formation, balanced line. Back 3 takes the ball from center, starts to his right and cuts back off tackle, preceded by the two guards, 9 and 10. Backs 1 and 2 block the defensive left end out. Back 4 and the right end, 6, team on the opposing tackle; 5 and 7 check the men opposite and go through and across for the secondary.

Diagram 18 shows a fake from punt formation. The ball goes to 3, who throws a short forward pass to 2, going across to the left. Back 2 hits into the line between his own center and left guard. Linemen 7 and 9 team on the opposite lineman. The center blocks the lineman opposite to the right, and 8 and 10 team on the guard opposite. Backs 1 and 4 block the defensive tackles out. The ends, 5 and 6, go down to take out the secondary and run inter-

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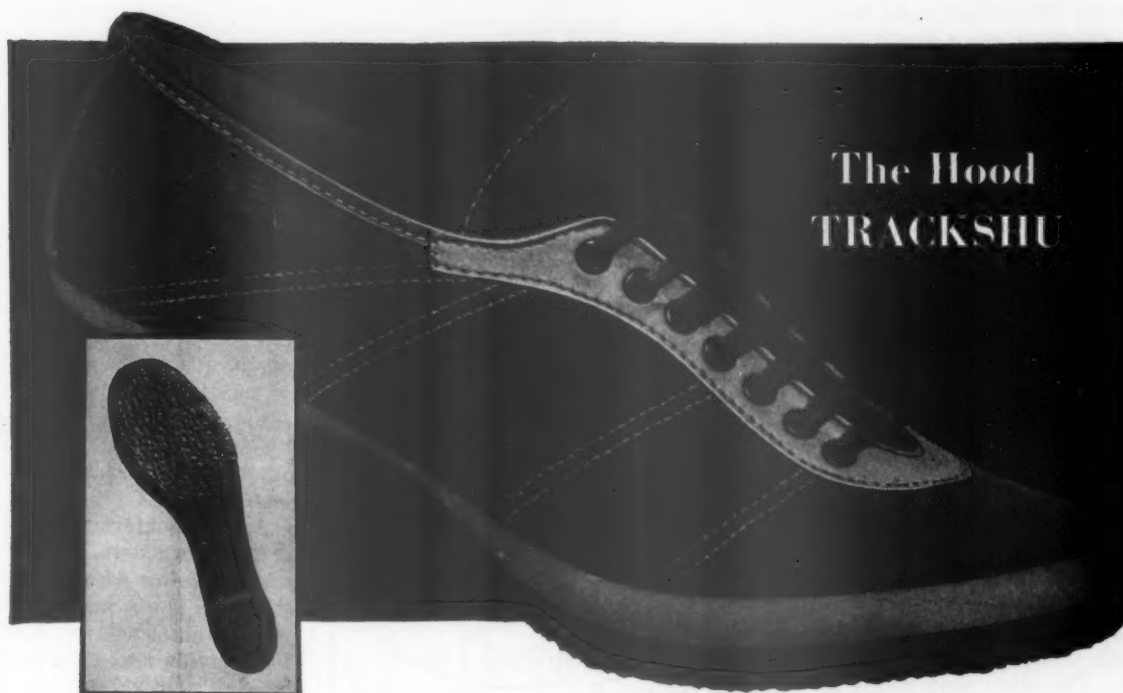
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ference for 3 after he breaks through the line.

Diagrams 19 through 21 illustrate plays being used by high schools in Texas.

The play shown in Diagram 19 is run from long punt formation. It is designed to be used against a 6-2-2-1 defensive formation. If a seven man line is used against it, the right guard, 10, would stay in the line, especially if the center is charging through.

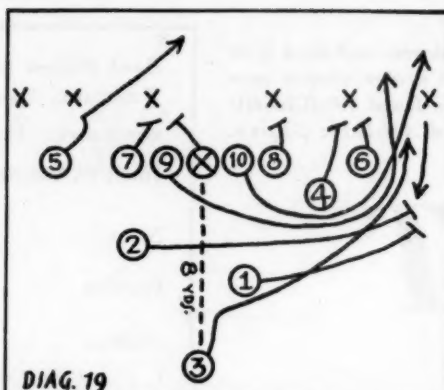
Back 3, the triple threat man, plays 8 yards behind the center. No. 4 plays 1 yard from the line of scrimmage, No. 2 is 2 yards back, and No. 1 is 3 or 3½ yards back. The ball is passed to 3, who takes three steps directly forward and then goes inside or outside of end, depending upon how backs 1 and 2 have handled the defensive left end. Diagram 19 shows him going inside of end. If 1 can take care of the end alone, 2 goes on for the secondary. Back 4 and right end, 6, drive the defensive left tackle in. Linemen 9, the left guard, pulls out to run interference. As stated above, if the defensive uses a six-man line, the right guard, 10, also joins the interference. Linemen 7 and 8 block the men opposite away from the play. The left end checks the tackle opposite and then goes down and across for the secondary.

The play in Diagram 20 starts like that in Diagram 19, but 3 takes the ball inside the defensive left tackle. The right end, 6, bumps the defensive tackle to the outside and goes through for a secondary defensive player. No. 2 and the right guard, who pulls out of the line, team on the defensive left tackle. Back 1 comes across to take the defensive left end out. Back 4 helps the right tackle, 8, take the defensive left guard in. Back 3, with the ball, takes three steps forward, then takes two or three out, and cuts sharply inside of the defensive left tackle. Linemen 9, the left guard, pulls out to run interference. The left end checks the tackle opposite and goes through for the secondary, taking the center or fullback, if the defense is playing a six-man line. The other assignments are as shown in Diagram 20.

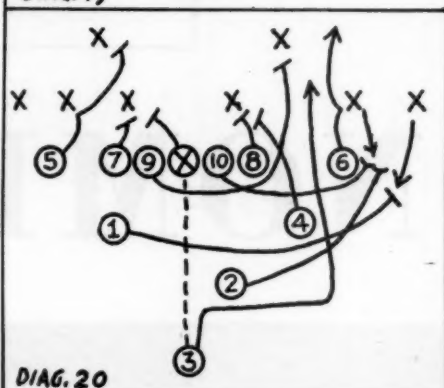
Diagram 21 illustrates a pass play from punt formation. Back 3 receives the ball from center, takes three steps forward, turns to his right for a step or two and then drifts back to pass. This is a choice pass and may be made to the left end, who has crossed over to the right, back 4, who has gone down the field, or back 2, who has gone out wide to the right. The two guards, 9 and 10, drop back to protect the passer. Back 1 protects to the right.

California high school plays are shown in the last two diagrams.

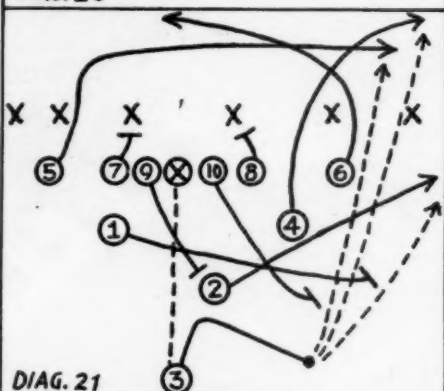
Ferndale, California, High School uses the tackle around play shown in Diagram 22. This play was also used very effectively last year, when Ferndale won the championship of its scholastic league. While the play is not much different from an end run, it has made considerable yard-



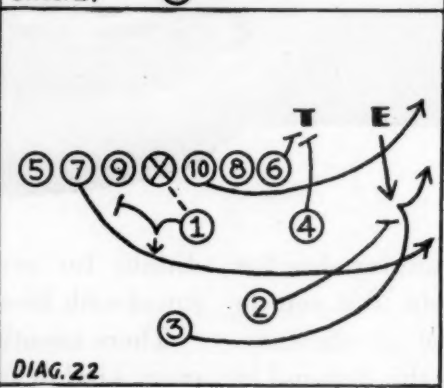
DIAG. 19



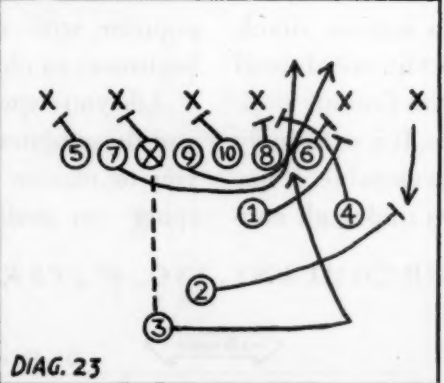
DIAG. 20



DIAG. 21



DIAG. 22



DIAG. 23

age both last year and this. The ball goes to 1, who spins and gives the ball to the weak-side tackle, who has pulled out of the line. No. 1 then blocks to the left. Backs 2 and 3 interfere for the tackle, one or both taking out the defensive left end. The right guard also joins the interference. The right end, 6, and back 4 team on the tackle opposite.

Ferndale has won games on successive Saturdays this year by a pass to the weak side, the passer running wide to the right side as on an end run to this side. The pass goes to the weak-side end, who runs straight down the field. This play is usually employed about twenty yards from the goal, and often it follows passes to the flat zone on the strong side. All four backs fake as in an end run to the strong side.

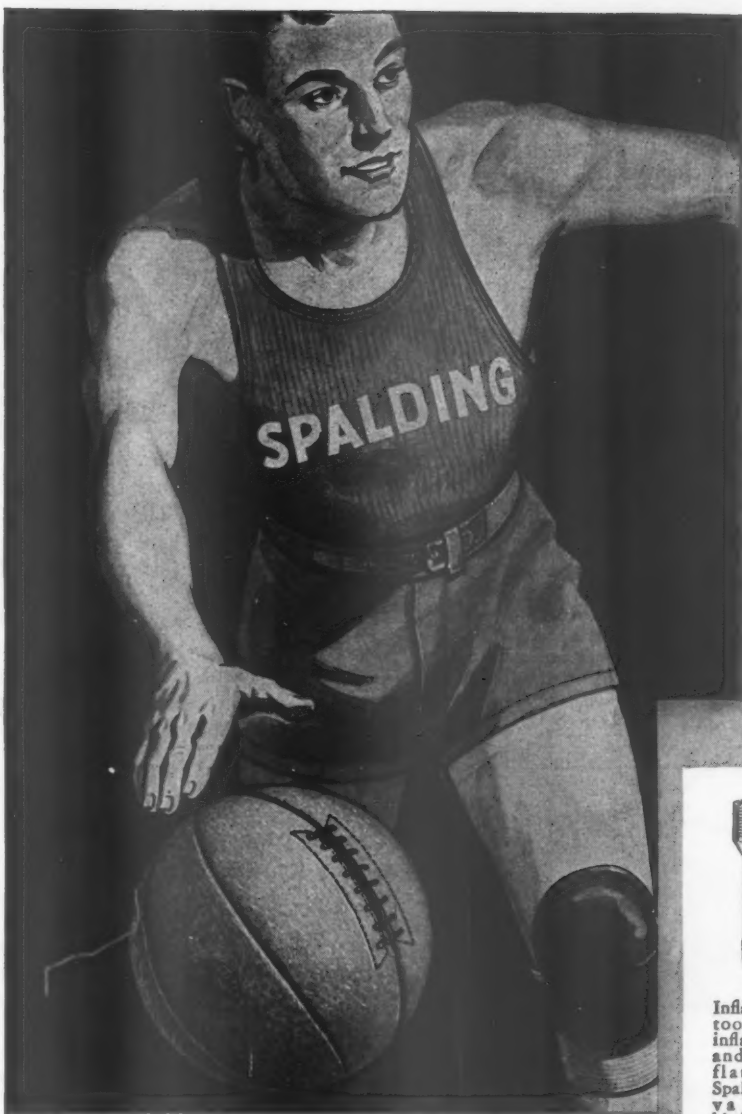
Crescent City, California, High School is this year displaying considerable power in a line attack from a rather unorthodox formation. One back takes a position about 5 yards behind center. Three backs station themselves about a yard behind the line of scrimmage, shoulder to shoulder, the wing-back just outside the end and the other two backs abreast of him. From this formation, the ball is snapped and the backs spread just beyond the line of scrimmage. Many passes have been completed from this formation, usually to the ends who go down deep.

Eureka, California, High School has made considerable yardage this season with a sucker play in which the guard on the strong side pulls out and allows the opponent's guard to come through. The latter is shoved out of the way by the quarterback. This leaves a hole for the fullback to plunge through. Mixed with an end run, this play has proved very effective.

Arcata, California, High School lines up in punt formation. Sometimes plays are run from this formation and sometimes the team shifts into an unbalanced line, with either single or double wing-back. Plays inside and outside tackle are used for consistent gains.

Diagram 23 shows an Arcata cut-back inside the defensive tackle on the strong side. The ball goes to 3, who starts wide to his right and then cuts back between the defensive left tackle and guard. Back 2 starts to the right as in an end run and blocks out the opposing left end. Back 4 and lineman 8 team on the defensive guard opposite. Back 1 and the right end, 6, team on the opposing tackle. The two linemen on either side of center, 7 and 9, pull out to run interference.

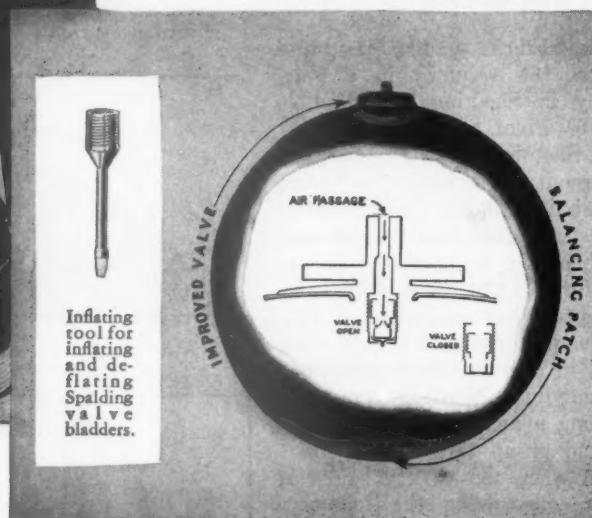
Another Arcata play is an off-tackle drive from a formation identical with that shown in Diagram 23. Back 3 takes the ball, starts to the right and cuts back off tackle on the strong side, 2 interfering for him. Back 4 and the right end team on the tackle opposite; 1 blocks the defensive left end out. The right tackle turns the opposing guard in.



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BASKETBALL EQUIPMENT

Tests for Evaluating the Abilities of Basketball Players

THESE basketball tests are not presented as an *end*, but only as a *means* to an *end*. It is hoped that they may be an aid to the coach in selecting his squad from the large numbers who annually present themselves as varsity candidates. A second objective is that such tests may be an incentive to players for all-around development in the game. They should tend to add variety and increase interest in the daily practices. It is hoped that others will see the possibilities of such tests and that in the near future a standard test for basketball may be devised.

The tests are divided into seven parts to determine the various abilities of the players:

(1) Physical Efficiency, (2) Speed and Co-ordination, (3) Accuracy in Passing, (4) Accuracy in Shooting, (5) Dribble and Shot, (6) Pivot and Shot, and (7) Competitive Shooting.

In working out the activities for testing the various abilities, it was thought advisable to rate the individual performing *alone* and then as a *member of a group*. The reason for this procedure is obvious: it often happens that an individual may score low when performing alone, but when he is placed in a group his performance may be outstanding. Needless to say, the subject making a high score in both the individual and group tests should merit consideration when the varsity squad is selected. In constructing the following tests of basketball abilities, each activity is so arranged that it not only measures ability but is a fundamental drill. As such it is of value not only as a *test* but as a *practice*.

Part I of this article deals with individual testing. Part II, to be published next month, is devoted to group testing. Diagrams are given for the more complicated devices used in making tests.

Physical Efficiency Test

PROCEDURE: The Foster Test was used by the author. A detailed description of this test may be found in the *American Physical Education Review*, December, 1914. This test was used because of the rapidity with which a group could be handled. Any standard efficiency test may be used in making this test. The idea back of testing for efficiency is to provide the "great" and the "near great" with something definite as to their physical condition.

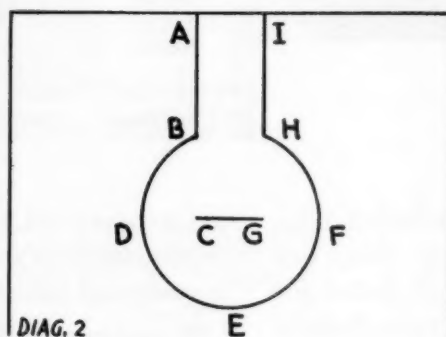
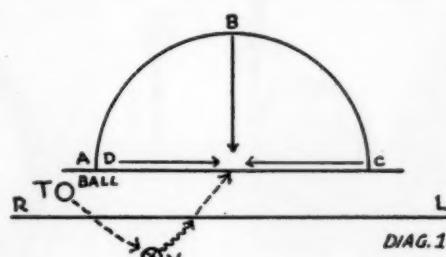
SCORING: The total in this test represents the score for the individual, and,

Part I—Individual Tests

By C. V. Money

Director of Athletics, University of Louisville

THE author of this article, C. V. "Red" Money, graduated from Ohio Northern University in 1923 and began his coaching career with two years in a Pennsylvania high school. After two more years in an Ohio high school, he was appointed Director of Athletics and head coach at Hanover College, where he remained for five years. He is now in his second year as Director of Athletics at the University of Louisville. Part II of this instructive article, "Group Tests," will be published next month.



when added to the scores from the individual tests, it will give the final ability ranking in the first group of tests.

Speed and Co-ordination Test

PROCEDURE: The applicant assumes a position near the basket with the ball in his possession. On a given signal an attempt is made to score as many goals as possible in one minute. One point is deducted for each time the ball touches the floor.

SCORING: The number of goals made in one minute minus the number of times the ball touches the floor represents the score for the individual. No attempt is made to grade the "form" used in shooting.

Passing for Accuracy

PROCEDURE: Chest, underhand, two-hand shoulder and hook passes are used in making the tests. Using one-half of the foul circle, ABC, draw a line, AC, through the circle and parallel to the end line of the court. (See Diagram 1.) Draw line RL 15 feet long, 12 feet from and parallel to line AC. This represents the restraining line for the passer. The instructor, T, takes a position anywhere within the two parallel lines (AC and RL) with the ball in his possession. The applicant, V, takes up a position anywhere behind the line RL and facing the instructor. An individual known as the receiver, represented by the letter D, is stationed within the semicircle, ABC. The instructor indicates the type of pass to be made and tosses the ball to V. The applicant, V, then dribbles to the line RL and makes a pass to D, who breaks to receive the pass from points A, B and C.

SCORING: Three attempts with each of the above listed passes are made to the receiver breaking from points A, B and C. (Total of thirty-six passes.) Fumbles by the receiver are not to be charged against the passer. Passes are rated according to the following table.

1. Passes received between belt and bottom of pants..... 5 points
2. Passes received between shoulders and the knees... 3 points
3. Passes received above the shoulders and below the knees 2 points
4. Passes that cannot be handled 1 point

The total score from all passes made represents the score for the individual. No attempt is made to grade the form used in making the designated passes.

Shooting for Accuracy

PROCEDURE: In the foul lane and circle, mark the nine positions as represented by letters A, B, C, D, E, F, G, H and I. (See Diagram 2.) To add variety, shots A, B, D, E, F, H and I may be designated as to type by the instructor. Shots C and G are regular foul shots. The shots are made in the order and position of the letters.

SCORING: Each shot, whether made or missed, is recorded. No limit is set as to time, but the applicant must score from each of the nine marked positions. Points are scored according to the following table.

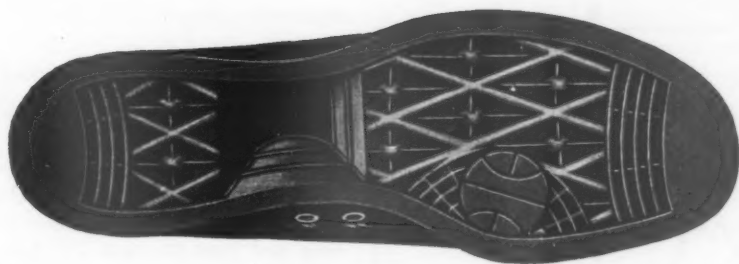
1. 9 to 10 attempts.....10 points
2. 11 to 15 attempts..... 8 points
3. 16 to 22 attempts..... 6 points
4. 23 to 31 attempts..... 4 points



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5. 32 to 42 attempts..... 2 points
6. 43 and more attempts..... 1 point
The total number of attempts as evaluated by the above table represents the score for the individual.

Dribble and Shot

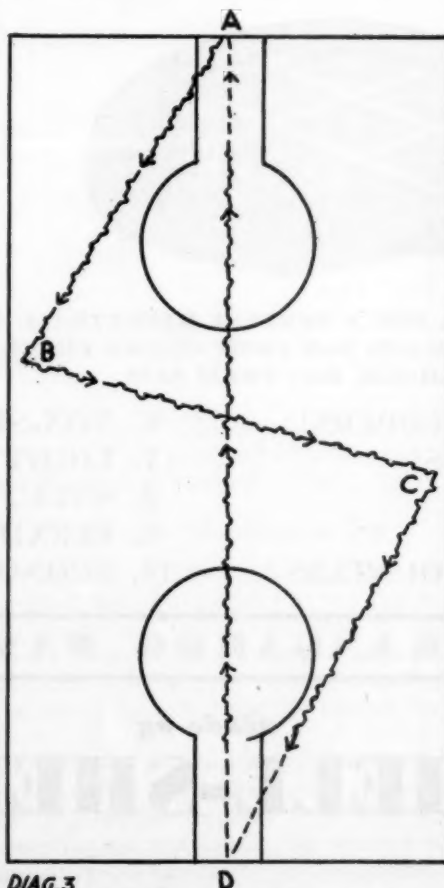
PROCEDURE: Set up chairs or other objects on the floor. (See Diagram 3.) On a given signal, the applicant starts from A, under the basket, dribbles around point B (chair or other object), thence to point C (similar to B) and on to basket D, where a goal must be scored. The applicant then returns by a dribble to point A, scoring a goal. Points B and C may be located any place on the court.

SCORING: A goal must be scored at each end of the court. Time begins upon the dribbler's leaving point A and ends when the goal has been scored in returning to point A. Divide the lapsed time (in seconds) into 400, the result of which represents the score for the individual.

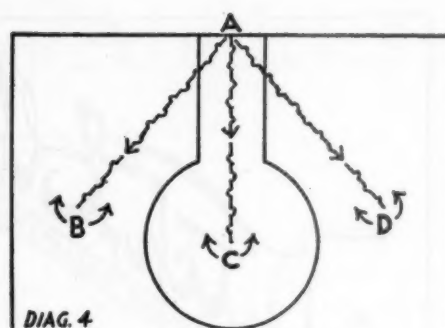
Pivot and Shot

PROCEDURE: Point A is located on the end line and directly under the basket. (See Diagram 4.) Point C is directly in front of A. Lines drawn from point A to points B and D form angles of 45 degrees with the end line. All other points are approximately 15 feet from point A.

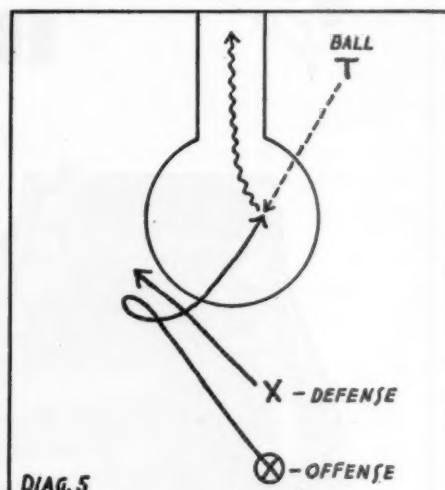
SCORING: The applicant dribbles from A to points B, C and D in the order listed. In each case a stop, a pivot and a shot are made. Three attempts are made



DIAG. 3



DIAG. 4



DIAG. 5

from each of the designated points. One point is scored for each goal made. There is no time limit, although the procedure should be carried out within a reasonable time. The total number of goals scored represents the score for the individual.

Competitive Shooting

PROCEDURE: The applicant stations himself well out on the court with the defensive man, X, between him and the basket. (See Diagram 5.) The instructor, T, may be on either side of the foul lane and near the side line with the ball in his possession. The applicant maneuvers to free himself from the guard, and, upon doing so, he receives a pass from the instructor for an attempt to score.

SCORING: Each goal scored counts two points. The applicant is given five attempts to score—an attempt being considered as any time the applicant has the ball, whether or not a shot is made. A foul by the defensive man adds one point to the offensive man's score. A foul by the offensive man deducts one point from his score. If the total score is a minus quantity at the end of five attempts, it is subtracted from the total of the other tests.

A score card may be used to tabulate the results of these tests. The above tests should prove of value in aiding a coach when it becomes necessary to trim a squad to a workable size. They should also be of value in basketball technique classes if given at the beginning and at the close of the semester.

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Standardized Nomenclature in Basketball

By Forrest C. Allen

Director of Athletics, University of Kansas

THE writer is much impressed with the confusion that exists among coaches with respect to basketball terminology. Outstanding are the confusions concerning the terms *blocking* and *screening*. Many coaches use the illegal term *blocking* to designate the legal play *screening*.

"*Blocking* is personal contact which impedes the progress of an opponent who has not the ball."

"*Blocking* is a personal foul and therefore there is no such thing as a *legal block*."

"Legally shutting off the approach of an opponent should be called *screening*."

It is a gross pedagogical blunder for our coaches to teach our youngsters that *blocking* is legal. We as coaches should be very careful in our writings and our lectures to use the proper terminology.

It seems that there resides a very deep confusion in the boy's mind as to his ability to play fairly when he is told by his coach to *block* an opponent. If he should execute the coach's command in the strict sense, he would commit a foul.

The boy should be taught to *screen*. If the *screening* is not legally done, it very often shades into a *block*, which is a foul. Therefore improper teaching of *screening* results in penalties.

It seems that there also resides a very deep confusion in the boy's mind as to his ability to play fairly when he is apparently taught to do the illegal thing legally. In other words, the only thing that would be wrong in this pseudo-procedure would be the crime in getting caught.

On the other hand, if we teach *screening* and use the proper terminology in describing it, then any divergence from the proper execution of the *screening* play will be an error or a personal foul. In this way we are very properly teaching education through play.

By using the reverse English pedagogy and psychology, we are teaching in the improper fashion; the crime is in getting caught.

The Editor of the Basketball Guide, Mr. Oswald M. Tower, very clearly set this matter up in last year's, 1932-33, Basketball Guide.

Should we not as coaches and teachers clarify this situation in the minds of the boys under our control and also aid in a better understanding for our basketball public?

In an endeavor to secure standardized terminology, as applied to plays, situa-

tions of the game or even to the apparatus used in carrying on the game, the National Association of Basketball Coaches at their 1931-32 annual meeting in New York agreed to the following accepted terms as standard.

For instance, a play in which a player slips away from his guard and scores a basket unmolested is described as a *set-up*. Other terms given this same play in various areas of our states are known as follows, crips, Sunday shots, guts, snow birds, lay-ups, dogs, suckers, bunnies, sleepers and pot shots.

In the paragraphs below, the word or term now accepted by the coaches as correct terminology is italicized, with the colloquialisms and barbarisms following.

When the referee tosses the ball up at center on a *held ball* or jump ball, the play following is known as *tip-off*, tap, jump ball, toss, center tap or center jump.

In case a winning team desires to withhold the ball from the opponents during play in the waning moments of the game, the type of play is called the *freeze*, stall, bulldogging, roping, back court game or delayed offense.

Describing the defensive type of play so often spoken of as the man-to-man style, *shifting* was voted correct, with trading, switching, exchanging, sliding and man-to-man following in order named.

The boards back of the baskets are to be known as *bank boards* or *back boards* or back stops, boards or banks.

Baskets are given first rating, with buckets, rims, irons, rings, hoops, nets and strings following in order.

Zone defense rates first, with mass, set, territorial, accordion and elastic band being given as pet terms used in many sections.

Formerly we heard much of the legal *block*. There is no such thing. However, *blocking*, checking, picking off, smothering and spiking are used to denote certain types of fouls.

Screening is a new term used to designate a legal play wherein a player passes between an opponent with the intention of legally releasing his team mate for a shot at the goal. However, if *screening* shades into contact, it is termed *blocking*, and a foul results.

In a situation where player A passes to his own team mate and player A receives the return pass, the play is called the *return pass*, 1-2-1 pass, the shuttle or the triangle pass.

THE ATHLETIC JOURNAL

The *back court* is the half of the court away from the player's basket. Back half is the other term applied to this area.

USE THESE TERMS!

SCREENING—not blocking or legal blocking. (Screening is legal. Blocking is not. The two terms should not be confused.)

SET-UPS—not follows, crips, Sunday shots, guts, snow birds, lay-ups, dogs, suckers, bunnies, sleepers or pot shots.

HELD BALL—not jump ball.

TIP-OFF—not tap, jump ball, toss, center tap or center jump.

FREEZE—not stall, bulldogging, roping, back court game or delayed offense.

SHIFTING—not trading, switching, exchanging, sliding or man-to-man.

BACK BOARDS or **BANK BOARDS**—not back stops, boards or banks.

BASKETS—not buckets, rims, irons, rings, hoops, nets or strings.

ZONE DEFENSE—not mass, set, territorial, accordion or elastic band.

BLOCKING—not checking, picking off, smothering, spiking. (Blocking designates a foul and should not be confused with screening.)

RETURN PASS—not 1-2-1 pass, shuttle pass or triangle pass.

BACK COURT—not back half.

With a vast army of basketball players, numbering eighteen million, it behooves us who are interested in this young indoor giant, basketball, to use proper terminology so that all may easily understand.

Athletic Training

Part I

By Dave Woodward

Athletic Trainer, University of Minnesota

AT the start of the year's athletic training, before the issue of equipment, every man on the squad should have a physical examination. A weight chart should be placed where you may keep check on your men's weights. The weight chart will show you whether your men are keeping in condition. Too much weight lost in some cases may indicate too much work, while a gain of weight may indicate not enough work. The light men should show a gain, while the heavy men should reduce. Injured men, as a rule, will reduce.

If a man continues to lose weight, he should be re-examined by a physician. An athlete should return before practice, weighing the same as he did the previous day before practice, unless he is overweight by several pounds and you are trying to reduce him.

The athlete should be weighed in and out for all sports. Especially in basketball try to have your squad gain weight. To do this, you must give them very little work after the season is under way. Football men weighing from 130 to 160 will gain with work, but basketball men at the same weights will lose weight if over-



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worked. The average track athlete will gain in weight also, if properly trained, although distance men may lose on and off during the season. Hockey athletes should be carefully watched, as they, like the basketball squad, stand more chance of losing weight. Carefully keep check on your athletes during the winter months, as they are open to colds which will cause loss of weight and energy. Baseball men generally carry on with less care than any of the other squads, due to the fact that they are having the benefit of outdoor training, except for their preliminary training in the winter and early spring.

At the start of your year's training, you will first have to contend with your men's feet being blistered, and the condition commonly known as athlete's foot. First, have all shoes fitted properly. Second, instruct your men to paint their feet with compound tincture of benzoin or tannic acid. Placing tape over the parts that are usually blistered will sometimes prevent blisters from forming. Open all blisters with a sterilized needle or No. 11 scalpel. Swab with mercurochrome (4 per cent) and dress with sterile gauze. Should blisters become infected, investigate for soreness in the lymph gland, located in the groin. If soreness in this gland occurs, take the man's temperature, and if he is running a temperature refer him immediately to your attending physician. If he has no temperature, apply hot packs of boric acid solution to the infected area. Continue to dress it each day until the infection is healed.

There are several good remedies for athlete's foot.

You will also have some of your men complain of gym itch, an irritation caused by supporters irritating the skin. First see that your men change equipment often enough so that they have no dirty equipment of any description in their lockers, especially supporters. Advise your laundry to wash your supporters with pure soap, not strong laundry soap. In clearing up this irritation, you will find one remedy will not work on the entire squad.

Prevention and Cure of Injuries and Taping

THE application of adhesive plaster, scientifically applied, will, to a great extent, prevent the injuries of ankles, knees, shoulders, wrists, hands and the like. Chronic injuries, especially pulled muscles and tendons, should always be taped during practice.

In this and following articles, I shall name the common athletic injuries some of your athletes are apt to receive, and the methods of taping to be used.

Acromio Clavicular Sprain or Separation

THIS is the most common of the shoulder injuries. It is located at the point of the shoulder where the clavicle (collar

bone) and the head of the humerus (large bone in the upper arm) meet. When the player receives this injury, his condition will be as follows: unable to raise arm; have a soreness at the point of the shoulder. X-ray plates will show a slight separation, but this does not signify that there is a separation. To make sure there is no separation, test the player's ability to raise his arm. If, after approximately a week of treatments and tests of this nature, the player is still unable to raise his arm, a separation is probable. If he responds to the tests, in all probability he has a common sprain.

The sprain may be exercised if this type of taping is used: Use two inch adhesive plaster. First, two strips are applied from the sternum to the spine, horizontally. Second, three or four strips from the horizontal ends are applied over the shoulder, vertically, between the neck and the end of the clavicle. When your man is ready for scrimmage, apply two pieces of rubber foam, from three to four inches in diameter. Cut a hole in the center of one of the pieces. Make this hole large enough to allow the end of the clavicle to be free from pressure. Place the pad with the hole next to the skin, with the hole over the clavicle. Over this place the other pad and tape this on. The inflamed condition of this injury may require two pads with holes in them, and one solid pad. The idea of these pads is to keep pressure from the clavicle end. To rest this injury, use the same method of taping and also apply tape under the arm pit, using thick gauze or cotton pad under the arm. Apply tape up and just inside the end of the clavicle, making sure that the arm has no heavy feeling to the player.

The treatment and cure of this injury is as follows: Apply some kind of heat; diathermy and infra-red are both good methods. Massage, properly given, will aid recovery. The treatment of this injury should be given carefully, especially the massage. Do not use any type of stretching methods. What the injury really needs is passive massage over the chest, back, and upper arm. Do not try for a speedy recovery. You will find that your recoveries differ, ranging from one week to an entire season.

Another common injury to the clavicle occurs at the sternum end, or the end that is attached to the breast bone. This is generally a partial separation. Place a solid piece of rubber foam over the end of the clavicle where the injury is located. Tape Gibney fashion, up and over each shoulder, as close to the neck as possible. It is a good idea to keep this injury taped for several days.

Shoulder Dislocation

THIS is the most common dislocation of the larger joints. First of all, of course, the dislocation must be reduced. The longer this is neglected, the harder it will

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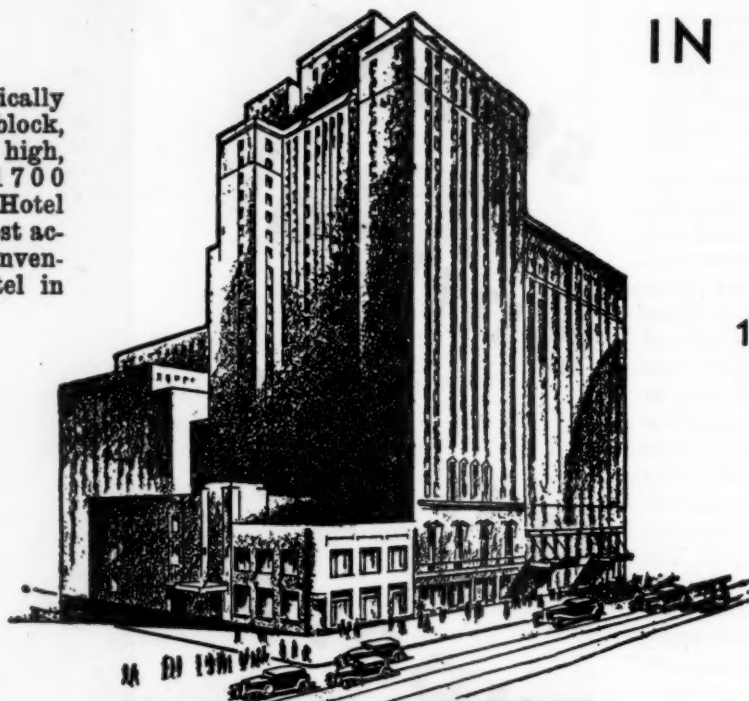
But remember, "Kangaroo sides", "Kangaroo horse" and "Kangaroo calf" are not Kangaroo. It is only genuine Kangaroo that is superb.

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be to reduce it. Do not attempt to reduce the dislocation unless you fully understand the procedure. Have your attending physician take care of the injury at once, if you are at all doubtful.

To tape this chronic condition (for after an injury of this nature the condition of the shoulder will always be chronic) use two inch tape, and tape from the inside of the bicep muscle, over the front of the arm, finishing at the sternum. Overlap with three strips. Re-enforce each strip. Place a pad of gauze under the arm, and tape with two inch tape from the top of the shoulder, over the pad in the arm pit, and back to the top of the shoulder again. Finish your taping with the same method used in Acromio Clavicular Sprain. This type of taping may be used in preparing a man for a scrimmage after the soreness has completely disappeared from the joint.

After the dislocation has been reduced, it is always a good idea to have the player carry the arm in a sling for at least two or three days. Heat treatments through the shoulder, especially diathermy, will tone the muscles and help to hasten the healing process.

Rib Injuries

RIB injuries should be taped constantly until they have fully recovered. X-rays should be taken to show whether the ribs are fractured or just bruised. Fractured ribs do not happen often, but there are any number of bruises that will make it uncomfortable for the player to breathe deeply. A fractured rib is apt to be raised a trifle or lowered a trifle from its attachment. Whether the rib is fractured or bruised, the injury should be taped. A bruise may be protected so that your man will not be lost for scrimmage, but a fractured rib must be rested, and no scrimmage is permissible.

To tape these injuries, apply two inch tape over the spot where the ribs are tender. Tape from the far side of the sternum or abdomen to the far side of the spine. The ends of the tape should be lower than the seat of the injury in front and higher in the back. When applying each strip of tape, have player exhale. Use from four to six strips of tape with the tender spot located directly in the center of your taping, and re-enforce with two strips directly over the seat of the injury. Fasten two strips of tape on the sternum end of the preceding taping, up and over the shoulder, and fasten to horizontal taping at the spine. Use injury pad over the tender spot when you scrimmage your men.

Thigh Injury—Commonly Called "Charley Horse"

THIS injury is caused by a blow on the front side of the thigh. The blow the player receives will sometimes cause a tearing of the muscle sheath. A discoloration will appear below the spot where the seat of the injury is located. This will indicate that there is an internal hemorrhage. The



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thigh may become hardened in condition
below the seat of the injury. This is also
caused by the tearing of the muscle sheath.

Fluid forming at this point becomes
hardened and causes pressure, causing the
thigh to become stiff. When the player
receives this injury, do not allow him to
lie on the side lines. Have him removed
to the training quarters. Apply heat, hot
Epsom salt packs, or diathermy by the
through and through method. If you are
in a position that enables you to send your
man to some physiotherapy department,
have treatment given with a wave gen-
erator, using the sinusoidal current. This
current, when applied to the motor points,
will cause a contraction of the muscles, in-
voluntarily, and is the newest and speed-
iest treatment for the recovery of a Char-
ley horse. This type of injury should be
massaged each day, especially before each
practice. You will find that, by working
on the back, at the sacro-iliac joint and
across the hips, using stretching methods,
and by carefully flexing the thigh, your
man's recovery will be much quicker.

The thigh may require taping for exer-
cise. Start a strip of two inch tape just
above the inside of the knee. Extend this
support up to the outside of the upper
part of the thigh. Start another strip on
the outside of the knee and extend to the
inside of the thigh. Continue taping Gib-
ney fashion on up the front of the thigh.
Re-enforce with horizontal strips two-
thirds of the way around the thigh. Com-
pletely encircle the thigh just below and
just above the seat of the injury. When
the leg is partly flexed with this type of
taping there will be a slight bulge in the
thigh between the encircling strips. As
this injury shows signs of recovery and
your man is ready for scrimmage, protect
the thigh with a Charley horse protector
made of papier mâché.

Bruise at the Crest of the Ilium—

(Large Hip Bone)

PERHAPS the most common injury to
your football men will be the bruise
at the crest of the ilium. This injury is
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are the best that I know of. The day of
the injury, after application of heat, apply
packs of antiphlogistine over night. The
following day, continue to give your heat
treatments. Tape with two-inch adhesive
plaster, horizontally, vertically and Gibney
fashion. The idea of the taping of this in-
jury is to keep your patient in a comfort-
able position. You will find that he will
have sharp pains at the point of the in-
jury, should he cough or take deep
breaths; so by taping him you will find
that he will get considerable relief. This
injury should be given heat treatments
and should be re-taped every day. You
will also find this injury slow at the first
in recovery. Some cases will take two



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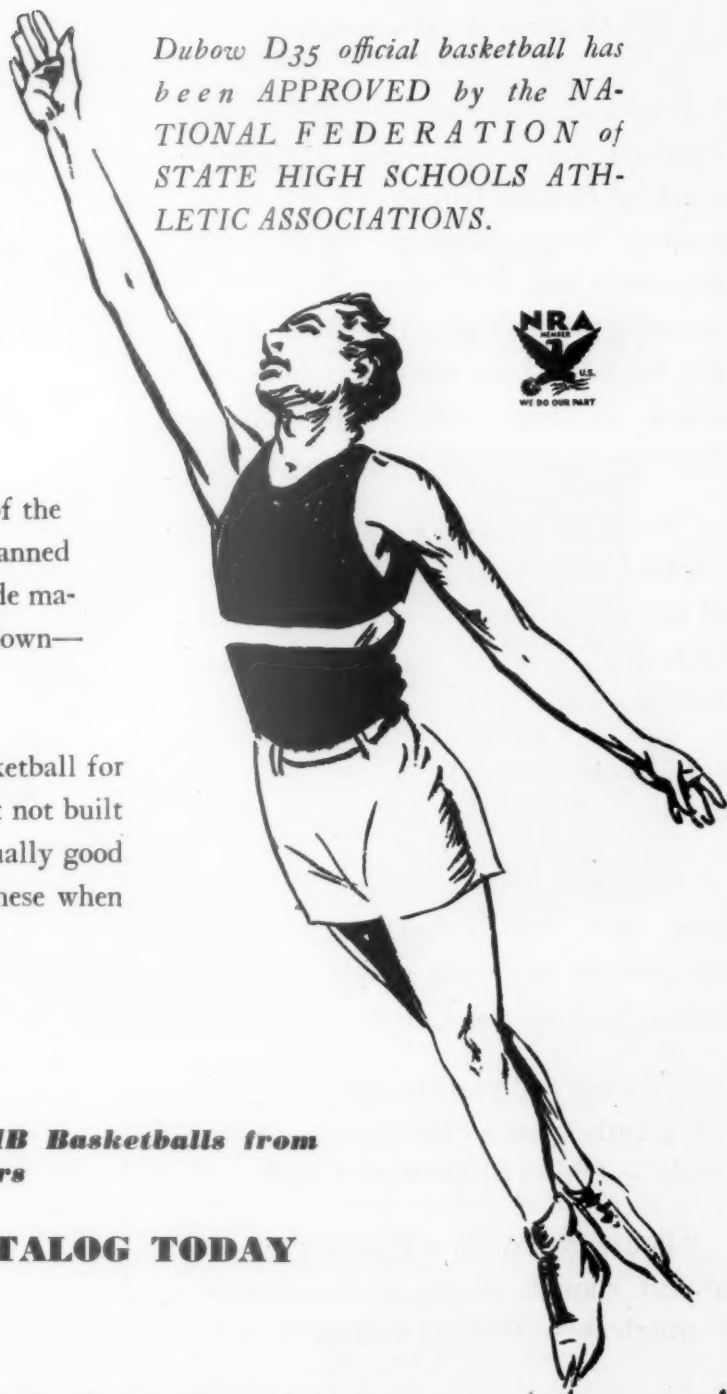
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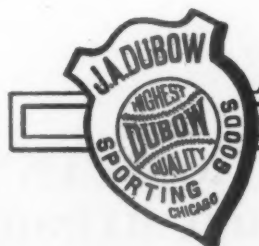
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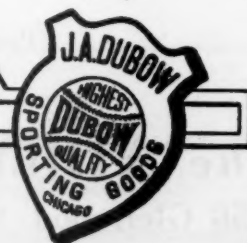
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weeks. Your man should not scrimmage until he is fully recovered. Use an injury pad over this injury, made with a hole in it, to keep any pressure away from the injury.

Pulled Tendons

PULLED tendons will require different periods for recovery. Many times, the strains seem to be at the dangerous point. This is located at the upper end of the back of the thigh. Although your man is likely to be through as far as running is concerned, if he has a pulled tendon at this part of the thigh, he may respond to taping and do fairly well with his work. You will have to leave it to his judgment, as it is a hard matter to find out just how badly a tendon is pulled. You will find at times that the pull is centered farther down the thigh, and a discoloration is found lower down toward the end of the thigh, which indicates that the muscle has been torn slightly, causing an internal hemorrhage. The taping method that we use for this type of injury is as follows:

THIS is the first part of an article by the well-known trainer at the University of Minnesota. Next month, Mr. Woodward will take up injuries to the knee and ankles. Other subjects he will discuss are shin splints, wrist sprains, infections, staleness, spike wounds and athletic menus. Dave Woodward has had over a quarter of century of experience in training athletes. For over a decade he has been at the University of Minnesota. He is known to coaches in all parts of the country through his work in summer coaching schools.

Apply three strips of adhesive plaster (two-inch) vertically from the back of the knee as high up the thigh as possible. Now tape Gibney fashion with two inch tape. Then reinforce with two inch tape horizontally half way around the thigh.

CAUTION FOR PULLED TENDONS: Should your man be in a race or game, and fall for no apparent reason, it is a fairly sure indication of a pulled tendon. You will find him unable to bear weight or use the leg. Chances are that he is through for the year.

Pull at the Groin

TAPE from the inside of the thigh with two inch tape up and over the hip to the spine. Use four or five strips of two inch tape. You will find that by using this taping method this strain will usually respond to treatment in a short time. I also advise stretching treatments at the sacro-iliac joint, massage over hips and flexing the thigh backward and forward. Apply some kind of heat, and do not encourage your man to take running exercises too soon.

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Development of the Lateral Pass

(Continued from page 8)

he has retained in his forward lateral. Most American boys, Hanley finds, attempt to make the lateral throw after pulling the ball down to the belt; they then push it away. This method of throwing is a waste of time, when every split second is valuable, and it lacks speed and accuracy. The man who receives the short forward pass should take the ball high above his shoulder, almost in one motion receiving and passing it on laterally. The thrower of the forward pass should, of course, aim the ball above the head of the receiver.

A study of the diagrams in two articles in this issue, "Collegiate Football Attack—1933" and "High School Football Offenses—1933" will reveal to what extent the lateral pass and its variations is being used in both colleges and high schools.

The University of Michigan has had unusual success this year with the lateral from a wide run. If one play can win a football game, then it may be said that Michigan defeated Ohio State on a running lateral. Other teams in all parts of the country are finding the running lateral useful this year.

Baylor University of Texas, Stetson University of Florida and other Southern teams are using a lateral pass followed by a forward pass.

Hanley, however, prefers the forward lateral to the simple lateral, the running lateral or the lateral forward. The natural tendency of players, he says, is to converge on the man who has just caught the ball. A converging on the receiver of the forward pass tends to free the prospective receiver of the lateral, as well as the men who go down to give him interference.

Conservatism on the part of coaches, Hanley believes, is one factor preventing wider use of the forward lateral. Coaches and players who have drilled and been drilled for years with the idea of keeping possession of the ball cannot overcome their prejudice in a day or a year. Passing a ball laterally still seems to many coaches and players the equivalent of losing possession of it. Another factor mitigating against use of the forward lateral at this time is inability of players to manipulate the ball skillfully. Still another factor preventing wide use of the forward lateral is the refusal of some coaches to look beyond the forward pass. They hesitate to plan for the lateral when the forward pass alone seems so difficult to complete. Hanley believes the forward pass no more difficult to complete when it is followed by a lateral than when it is used alone.

It is Hanley's belief that, as the present high school players reach college, the lat-

eral pass and its variations will be used even more than at present. The high school coach, with less pressure to win placed upon him than upon the college coach, is making numerous experiments with the lateral pass and its variations. This will result in a new crop of players who are skillful in manipulating the ball in lateral pass plays and who have confidence in their ability to complete them successfully. In the meantime, 1933 football marches on, and the lateral and its variations are making long gains and touchdowns for a large number of college and high school teams.

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